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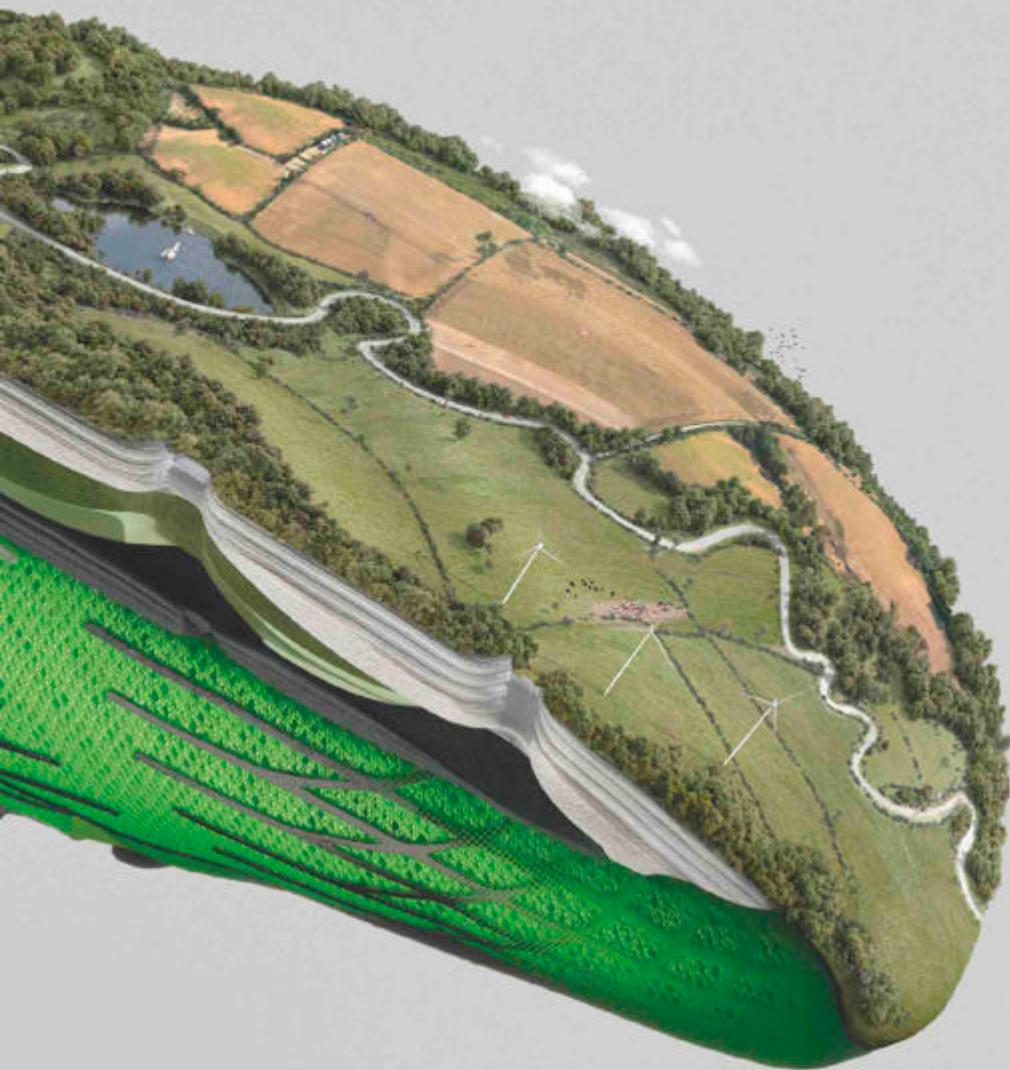
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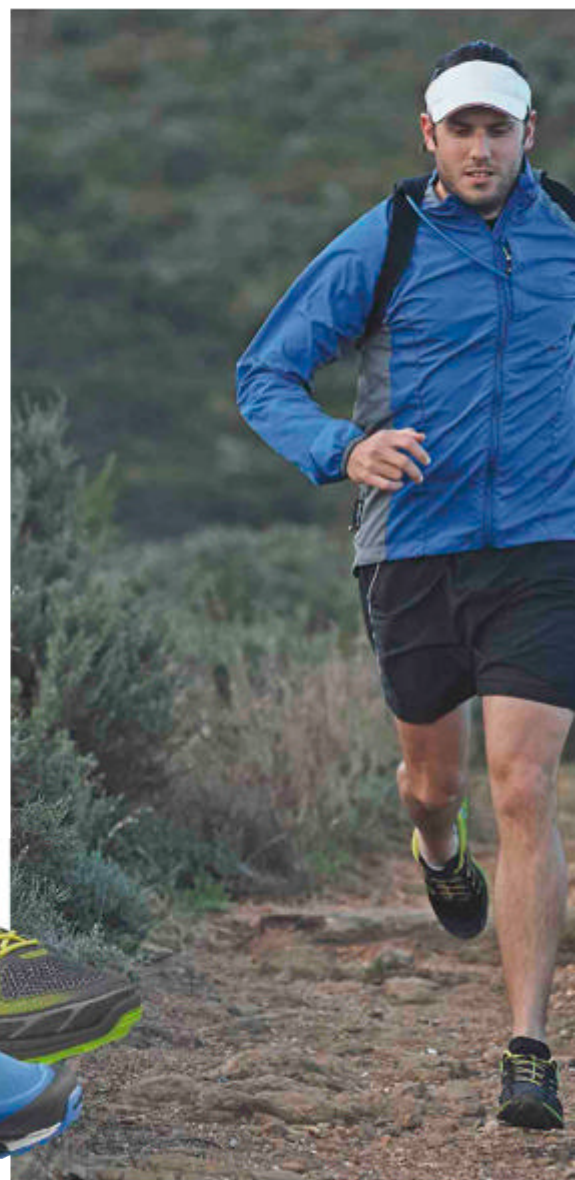
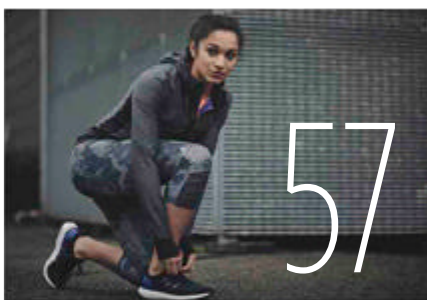
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Find your perfect race



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# WELCOME



You might have noticed one or two differences in *Running Fitness* this month. Whilst the quality of our articles hasn't changed, we have freshened up the design. We hope you like what we've done, and agree that the new look better reflects our content, always driven with real runners in mind.

But it's not just our front cover and magazine design that's been tweaked, we also have a **shiny new website** that I've been dying to share with you. Relaunched just at the end of February, it's now full of interesting and engaging content, including a real runner's blog and some of our favourite articles. If you have a spare few minutes, why not pop on and take a look around.

I've been so delighted with the feedback we've received regarding our marathon training guide, that we've started another, this time aimed at beginners. Our **'walking to 5k'** plan is for anybody who would love to start running a bit more.

Finally, for those of you who might have just completed a marathon, we've also got features on obstacle racing, and a great article on ultras. You can get a taster of both of these events, and decide which one you're ready for next. Or try both!

**NATASHA SHIELDS, EDITOR**



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**SEE PAGE 90  
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## 3 THINGS YOU NEED TO KNOW THIS MONTH...

**P27** New columnist Dan Tye joins the team, sharing his love of adventure running.

In this issue, Dan shows us that whilst many of us dream about running across through beautiful scenery, we can still enjoy an adventure when the reality is that our front door often opens up to a normal residential road.



**P73** Achilles tendinitis, tendinosis or tendinopathy?

It turns out, As Matt Phillips explains this month, that the correct diagnosis of your Achilles pain can make all the difference to your recovery, and help to prevent future occurrence. Find out how to identify the cause of your injury, and the best way to heal.

**P42** Are you an evening or morning runner? This month Sarah Ivory looks at the rise of the early morning runner and discovers the benefits, and tricks, to getting the most out of your AM runs. And you might well be surprised how different times of the day can affect your training.



## THIS MONTH'S CONTRIBUTORS



**EMMIE COLLINGE:** On P48 we look at injuries. Do you understand the psychology of an injury? Emmie explores the process of dealing with an injury first hand, and shows us how with a bit of knowledge, we can recover quicker.



**EVIE SERVENTI:** Sometimes it's tempting to put off a planned run. Perhaps it's just too cold outside, or you've lost confidence? Help is at hand! Evie shares her great tips and tactics to ensure that you never miss a run. P34



**ANDREW THOMAS:** Do you know your magnesium from your iron? And why the former is such a vital mineral for runners? Find out everything you need to know about magnesium. P39



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IMAGE SARAH FARQUHAR



A wide-angle landscape photograph of the Lake District. In the foreground, a rocky, moss-covered hillside slopes down towards a valley. The middle ground features rolling green hills and a large, calm lake (likely Bass Lake) nestled between the mountains. In the background, more rugged mountain peaks are visible under a heavy, overcast sky with patches of light breaking through the clouds. A red graphic element, resembling a speech bubble tail, points towards the text box on the right.

## ST BEGA'S ULTRA 35

This spectacular view shows the **Lake District** in all its glory, and is part of the St Bega's Ultra 35. Created in 2013, the event starts on the shores of Bass Lake near Keswick, and finishes in the west coast village of St Bees.

The route is once again home to runners looking for a challenge, and will take place this year on the 29 August. For more information about this race, turn to page 82.



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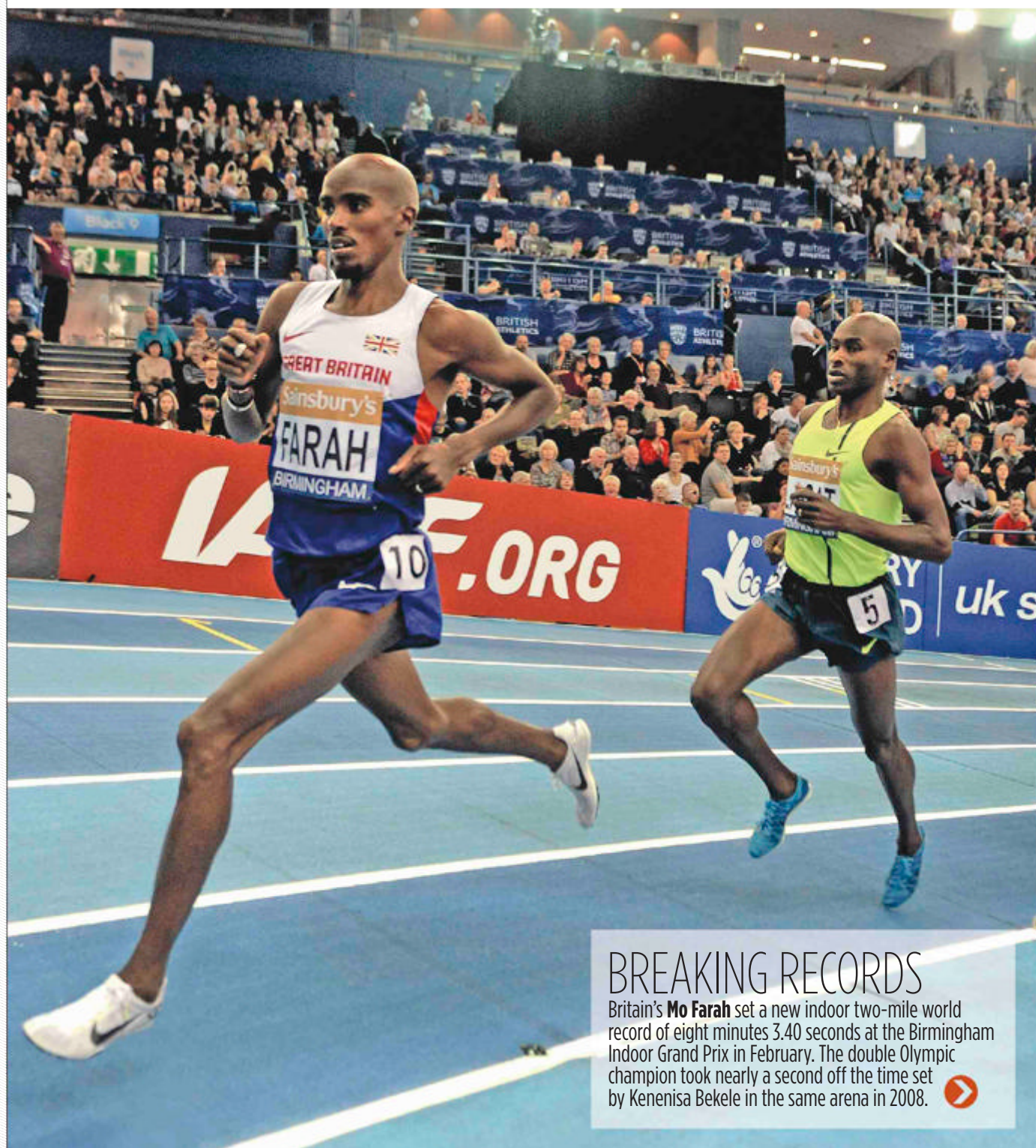
women's  
fitness

Men's Fitness



# THIS MONTH

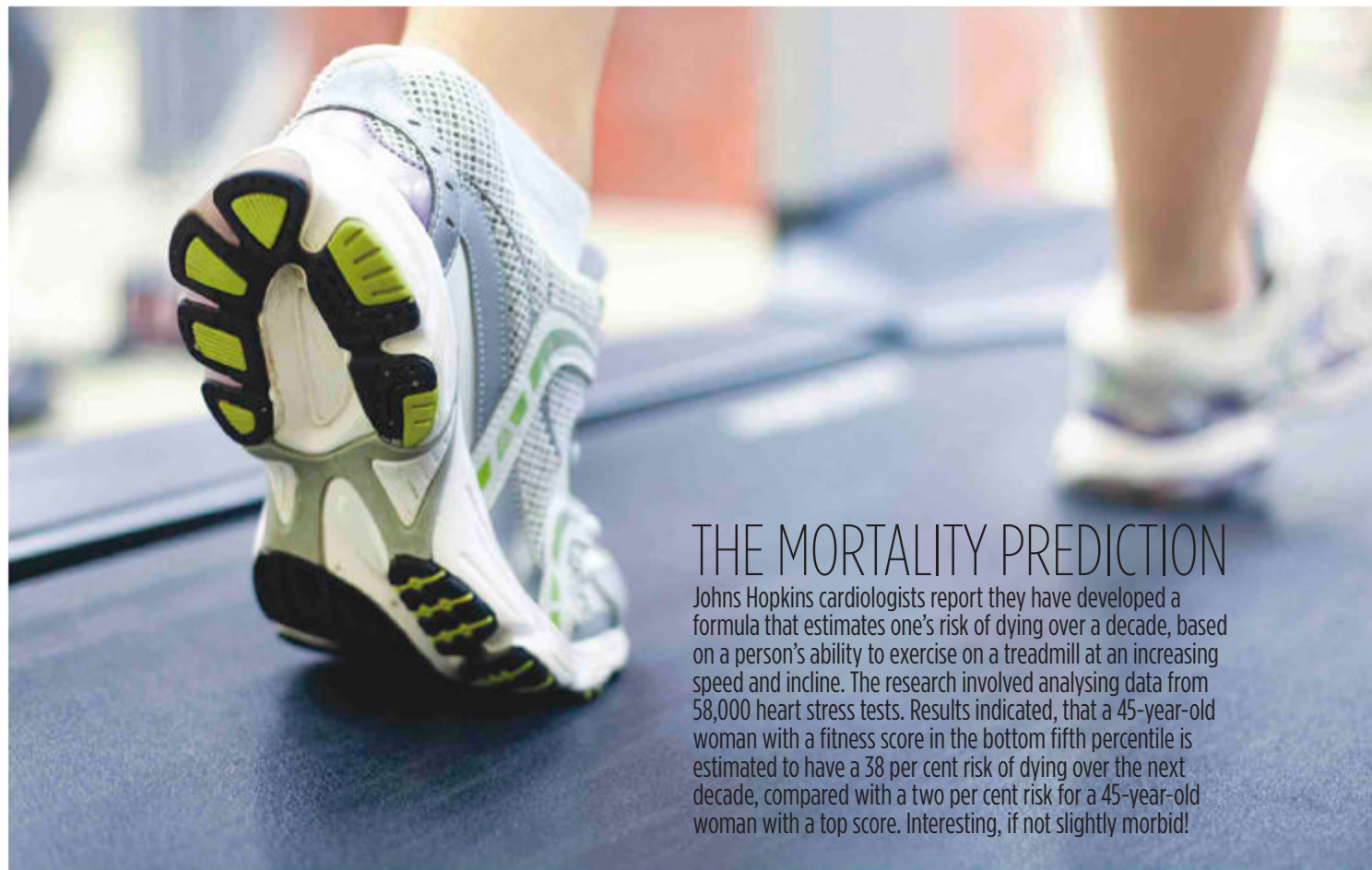
New world records, treadmill data that can predict mortality and evidence that the **RUN/WALK STRATEGY** has multiple benefits for us all – it's been a busy month in the running circle



## BREAKING RECORDS

Britain's **Mo Farah** set a new indoor two-mile world record of eight minutes 3.40 seconds at the Birmingham Indoor Grand Prix in February. The double Olympic champion took nearly a second off the time set by Kenenisa Bekele in the same arena in 2008. ➔



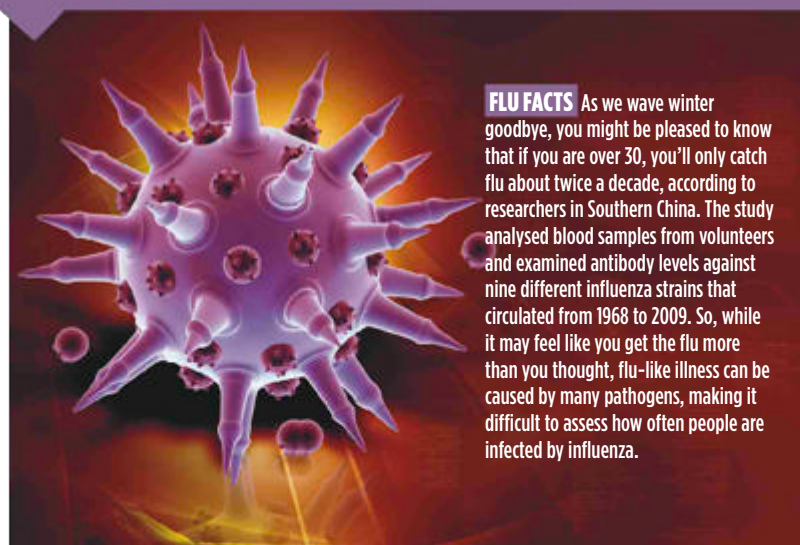


## THE MORTALITY PREDICTION

Johns Hopkins cardiologists report they have developed a formula that estimates one's risk of dying over a decade, based on a person's ability to exercise on a treadmill at an increasing speed and incline. The research involved analysing data from 58,000 heart stress tests. Results indicated, that a 45-year-old woman with a fitness score in the bottom fifth percentile is estimated to have a 38 per cent risk of dying over the next decade, compared with a two per cent risk for a 45-year-old woman with a top score. Interesting, if not slightly morbid!

### DID YOU KNOW?

**Do you know how much salt you're consuming each day?** Following on from Salt Awareness Week, which took place 16-22 March, our daily intake of salt should be less than 6g, although the average intake is 8.6g per day. Reducing salt intake can help to reduce our risk of stomach cancer.



**FLU FACTS** As we wave winter goodbye, you might be pleased to know that if you are over 30, you'll only catch flu about twice a decade, according to researchers in Southern China. The study analysed blood samples from volunteers and examined antibody levels against nine different influenza strains that circulated from 1968 to 2009. So, while it may feel like you get the flu more than you thought, flu-like illness can be caused by many pathogens, making it difficult to assess how often people are infected by influenza.

## COMPRESSION PROVEN TO AID RECOVERY – SIGNIFICANTLY

Australian researchers found wearing of below-knee compression socks for 48 hours after marathon running improved functional recovery, as measured by a graduated treadmill test to exhaustion two weeks after the event, in a randomised controlled trial. In the compression group, average treadmill run to exhaustion time two weeks after the marathon increased by 2.6 per cent.



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## EMOTIONAL BENEFIT OF GROUP DYNAMICS

New research published in the journal *Emotion* suggests that just knowing that other people are attuned to what we are experiencing deepens the emotional impact of the experience and increases your focus. Attention runners: embrace the your fellow runners as you race and you might just enjoy it more, be less distracted and perform better.

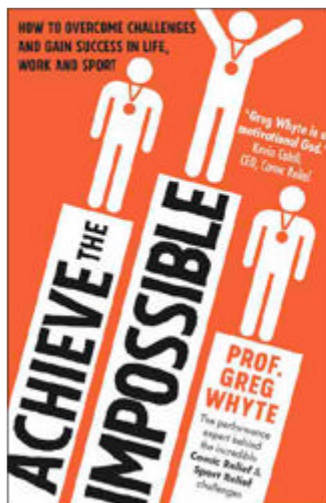
### » GROUP GOALS PROVE POWERFUL

What started as a goal of running one lap around the school for a small group of students at an elementary in Arizona, resulted in an impressive 201 students completing the Arizona Half Marathon last month. It all began during the 2004 school year, when Terry Labrecque, a teacher at the and runner, offered to train a small group of teachers to run a marathon. The group grew, notching nine finishers in 2010. Two years later, 42 students raced. Last year, the programme gained momentum when 145 students set their sights on earning their own medal. Now, about 40 per cent of the fifth to eighth-grade students participate. Small goals + social support = increasing physical activity!



**“If there is one thing I have learned,** particularly in my life as an athlete, it is that our limits may not be where we think they are. And, even when we think we’ve finally reached them, the next time we go there exploring we often find that they’ve moved again.”

**– CHRISSIE WELLINGTON, A LIFE WITHOUT LIMITS**



### WHAT WE'RE READING

***Achieve the Impossible***

by Greg Whyte OBE, £12.99

Hot off the press this month is *Achieve the Impossible* by Professor Greg Whyte OBE – the coaching brains and motivation behind the Sport Relief challenges with Davina McCall, David Walliams and John Bishop. Whyte is an Olympian and World Championship medallist in Modern Pentathlon, and is Professor of Applied Sport and Exercise Science at Liverpool University.

*Achieve the Impossible* is a book for everyone; whether you're looking for success in your running, work or life. It will help you develop the vision and skills to believe that you really can 'achieve the impossible'. Whyte has included his model for training and motivation and it's packed with self discovery techniques and problem solving solutions. Overcoming barriers and learning how to dispel the fear of failure are skills we can all develop and Whyte shows you how to do just that. As he states: "One overarching truth remains; success is not a chance event. By creating solutions, you will be able to overcome the limits and deliver success, leading to my most important mantra 'anything is possible'."

## THIS MONTH'S NEWS IN BRIEF

Often run alone? Research this month shows you gain more from running with others

### » RUN/WALK - EFFECTIVE FOR RUNNERS

Research published in the *Journal of Science and Medicine in Sport* suggests a run/walk strategy not only results in less post-run muscle fatigue, it allows non-elite runners to achieve finish times similar to those they would get if they ran constantly. To investigate whether this strategy reduced cardiovascular stress during prolonged exercise, the researchers compared the effects of two different running strategies on selected cardiac biomarkers as well as marathon performance.

Results concluded that the increase in cardiac biomarkers is a reversible, physiological response to strenuous exercise, indicating temporary stress on the myocyte and skeletal muscle. See Jeff Galloway's tips on walk/run strategy at [www.jeffgalloway.com/training/run-walk](http://www.jeffgalloway.com/training/run-walk)



### » STUDY LINKS COFFEE TO CLEANER ARTERIES

Korean researchers studied 25,000 employees who underwent regular health checks at work and found that participants who drank a moderate amount of coffee – three to five cups a day – were less likely to have early signs of heart disease on their medical scans. Other studies suggest coffee may offer some heart protection. Yet don't reach for a cup just yet; some studies have linked coffee consumption to heart risk factors, such as raised cholesterol or blood pressure. Evidence on the benefits of coffee remains inconclusive, and the latest research from South Korea, which is published in the journal *Heart*, only adds to the discussion





# POSTBOX

We'd love to hear your views, news and reviews

## Running Fitness



SEND YOUR THOUGHTS ON ALL THINGS RUNNING

TO: NATASHA SHIELS, Editor, *Running Fitness* magazine, Kelsey Media, Cudham Tithe Barn,

Berrys Hill, Cudham, Kent TN16 3AG

CONTACT BY EMAIL ON: [rf.ed@kelsey.co.uk](mailto:rf.ed@kelsey.co.uk)



### LETTER OF THE MONTH

#### BREAKING MY RULES

I rarely talk about why I started running. But after reading *RFI* I've decided it's about time I break these rules and share my story.

At the age of 16, I was slightly overweight with very little ambition. Then, in 2007, it changed; my mum was diagnosed with terminal brain cancer. The brave way that she dealt with her illness was incredible; she stayed positive and was determined to make the most of the time she had left. She passed away when I was 18.

The anger and sadness I felt at this point meant my life could very easily have gone off

the rails; and I believe it might have, if it weren't for my stepdad, who bought me a pair of trainers.

At first, I

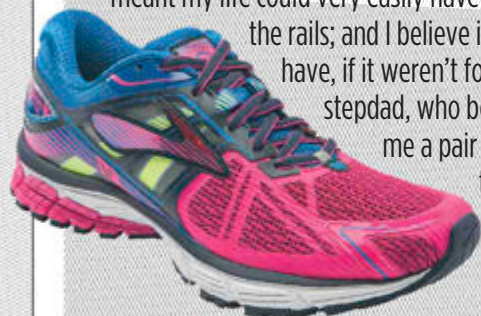
ran to the end of the road and back. After a couple of weeks, I ran around the block. A few weeks later, I ran around the town. And so on, until one day I found myself on the start-line to my very first 10k, in order to raise money for the hospice which had cared for my mum.

The feeling of elation crossing that finish-line was incredible; for the first time, I felt like I had truly achieved something. Since that day I have never looked back. I run most days and whenever I have a bad day, I always go to clear my head. Running has turned my life around.

The strength that my mum showed throughout her battle with cancer has inspired me to keep running. But it shouldn't have to take a life-changing event to realise the huge benefits of running. And that's why I have written down my story – if just one person is inspired to put their trainers on after reading this, then it was worth breaking my rules.

EMMA

A gift of running shoes turned Emma's life around



**THE LETTER OF THE MONTH WINS A HIGH5 ENERGY PACK, INCLUDING A DRINK BOTTLE, SPORTS DRINKS AND GELS** [www.highfive.co.uk](http://www.highfive.co.uk)



#### DEFICIENT IN B12

Thank you so much for the article on B12 deficiency.

I returned to running (after a 15-year break) about 18 months ago and have been gradually upping my mileage and effort. I have loved being out eating up pavement and track running, and enjoying feeling healthier. Since Christmas though I have been feeling more and more rundown and lacking energy, and also began to notice an odd tingling sensation in my right foot and fingertips. I had put

these symptoms down to tight shoes and socks, and the tiredness down to lifestyle; long work hours, long commute, increasing demands from two daughters as well as upping my training. So it was a revelation to read about B12 and just how essential the vitamin is. I have seen my doctor who reports that my levels are borderline, but we are now monitoring them. I have bought one of the supplement sprays and have used it daily over the past two weeks, and [now] feel fewer tingles and pins and needles. I am also feeling a bit more like

my old self and have been inspired to make some necessary work/life balance adjustments – all down to your B12 article!

I hope to be back on track over the next few weeks and get back into the old routines of running, but with a wiser head that pays closer attention to how I feel. I'm determined to keep everything in balance and hope that this will help me get through the running challenges that 2015 will bring, including a place in the London Marathon.

*All the very best, Andrew Martin*

### YOUR TWEETS THIS MONTH

@ro\_jito "Great to see mentalhealth in a mainstream, non-celeb agenda in @Runfitmag. Features like this can make a huge difference"

@ShaneRooD15 "I love my @yurbuds headphones, they really don't fall out!"

@SmelyNerfherder "#runnerprobs: throwing out my first running shoes"

TWEET US @Runfitmag

### ON FACEBOOK THIS MONTH

You loved Kate Percy's chocolate avocado cake (still available online):

"I can confirm this recipe is amazing. I didn't have a loaf tin so made brownies instead – equally yummy. Highly recommended!" *Bec Dundee*

"I have made it several times now and it tastes so good, everyone that tries it loves it." *Brian Lewis*

"I made it a few weeks ago – was lush!" *Heidi Perkins*

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SARAH RUSSELL

# Don't lose confidence, just run

Losing confidence over the race you've been training for? Have the **COURAGE** to step outside, says Sarah, and you might surprise yourself

One thing I've learned over the years is that you can never judge a run before you do it. There are days when you crawl out of bed, exhausted and weary, and the thought of a long run is the last thing on your mind. But then you force yourself out of the door, get going and the sun peeks out and suddenly you're flying along, feeling amazing and end up having a great run. Imagine if you'd talked yourself out of it? You'd never had experienced that fantastic session!

I was recently reminded of this by one of my coaching clients who had been struggling with niggles and confidence and had pulled out of a half marathon she had in her diary. She had lost a lot of confidence, didn't feel ready for the race, and was even talking about pulling out of the marathon she had been training for. She was at a real low point. We discussed it and

she decided to give it a go but change her approach to a 'jog/walk' method where she walked for a minute every eight to 10 minutes, and would run with some friends.

In the end, it turned out to be a gorgeous sunny day, her niggles weren't anywhere near as bad as she thought and she ended up having a blast. The result? Only a few minutes slower than her previous PB, a great morning out with friends and restored confidence and happiness. The story would have been very different if she hadn't had the courage to put herself on the line. So my message is this. Never assume you're going to have a terrible run before you try. Sometimes you just need to put yourself out there no matter what and have the courage to try. Your body will often surprise you!

**Tweet me @runfitsarah and @Runfitmag with your 'bad run, good run' stories.**

Sarah Russell has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach [www.sarah-russell.co.uk](http://www.sarah-russell.co.uk)

## SARAH'S HOT PRODUCTS THIS MONTH



» **SKRATCH LABS EXERCISE HYDRATION MIX £13.95 (1LB BAG)**  
The popular US sports drink brand, Skratch Labs, has just landed here in the UK. Skratch Labs is loved for its natural ingredients and range of flavours. It contains no artificial colours, flavours or preservatives and has the right balance of electrolytes for optimal hydration. Available at [www.wiggle.co.uk](http://www.wiggle.co.uk)



» **VLM 2015 ADIDAS WOMEN'S SUPERNOVA SHORT SLEEVE TEE (SOLAR PINK) £28.00**  
If you're running the London Marathon in April, don't miss out on the limited edition range from adidas. Available online or at the VLM Expo between 22-25 April. We love this t-shirt combined with their capris for women. [www.adidas.co.uk](http://www.adidas.co.uk)



Never assume you're going to have a terrible run until you try, you might just surprise yourself



## RACE DAY TIPS FROM ADIDAS

**1 BE PATIENT, STAY CALM AND RUN SMART** Don't get drawn into the crowds and start too fast. 26.2 miles is a long way. Despite feeling excited, motivated, energised and fit on the start-line, hold back your enthusiasm and start off totally in control.

**2 FOCUS ON YOUR PACE AND TICK OFF THE FIRST SIX MILES** Split your marathon up into manageable chunks of distance or time. Use the landmarks, parks, friends and other runners on route to help you stay motivated. Tick those landmarks off and grow in confidence as the distance reduces.

**3 TRY TO RUN AT AN EVEN PACE** What feels easy and comfortable at the start will inevitably feel tougher to maintain as the distance increases. Your goal is to not slow down in the second half of the race. This will be harder to achieve than you think and so being efficient, economical and running even 'paced splits' (the same time, roughly, for each mile/km) is a surefire way of helping you do this.

**4 BE COURAGEOUS WHEN IT GETS TOUGH AND RISE TO THE CHALLENGE YOU'VE SET YOURSELF** Everyone will have tricky moments when they want to stop, sit down and cry! Remind yourself of your personal reason for running when things get on top of you. What is it that gives you real strength and courage? Draw on this strength and use it as inspiration to tick off the remaining miles.

Race day tips provided by adidas ambassadors Martin and Liz Yelling – share your marathon journey using **#boostlondon**



## WHAT'S ON IN JUNE The weather is getting warmer (hopefully), and these races are a wonderful challenge for any runner

### ELLIS BRIGHAM TRAILBLASTER

**WHAT?:** 12-hour Relay/Ultra marathon on a 5k course

**DATE:** 21 June

**WHERE?:** Towneley Park, Burnley, Lancashire

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[www.ellis-brigham.com](http://www.ellis-brigham.com)

### SOUTH DOWNS

**WHAT?:** Trail Marathon or Relay

**DATE:** 20 June

**WHERE?:** Arundel-Petersfield, South of England

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# PAUL SMITH

Paul Smith hadn't run since school. Then he lost his sight. Incredibly, he will be tackling his **FIRST MARATHON** on 26 April. We found out what inspired him to take on this challenge

**P**aul Smith lost his sight three and a half years ago, due to Retinitis pigmentosa (an inherited, degenerative eye disease from which he has suffered since the age of 16), but found a new lease of life with the arrival of his beloved guide dog, Pedro, and has thrown himself into fundraising for the Guide Dogs Association and for the Kent Association for the Blind. In a few weeks time he will be running a marathon to raise extra funds for the training of dogs like Pedro.

"Which marathon?"

"You've got to do the big one – the London Marathon," confirms Paul. "You don't do things by halves!"

"One day I received a phone call from Kent and East Sussex guide dog mobility team about a woman – Clare Wilson – who wanted to meet a guide dog owner and talk about how it has changed their life as she was running the London Marathon in 2014 for Guide Dogs. It costs just shy of £50,000 to support a guide dog partnership from birth to retirement and there is no government funding for Guide Dogs, so all money comes from the generosity of the public. This was the start of a great friendship and from that day on, I helped Clare with her fundraising for Guide Dogs. To that end, I am now the Maidstone Branch Fund raiser for the Guide Dogs Association. Within this new role, I go out on talks, collections and attend various events in my local area.

## CATCHING THE RUNNING BUG

"I went along to support Clare on the day of the 2014 London marathon and from the minute that I arrived the atmosphere and excitement started to make me wonder if I could ever achieve something like running a marathon, whilst at the same time raising the much-needed funds for Guide Dogs."

Getting the push he needed from talking it over with family and friends, Paul signed up – pledging to raise £2000 – and began his training. "I hadn't run since school; I'm 41 now! But when someone says 'you can't' do something, you can – you've just got to find a way of doing it."

## FINDING THE RIGHT SUPPORT

Since April 2014, Paul's new regime has seen him out running once a week with his guide runner, Lee (Clare's husband) or Clare herself. Initially Clare ran blindfolded with Lee so that they could work out a suitable pace. Paul also has the support of a trustee at his local leisure centre, where he goes for treadmill, cycling, weights and spin sessions. 90 per cent of his running is done on a treadmill. "I can't see the screens on the machines, but I know four presses = gradient two. Occasionally the

run with Clare on his right side, and his guide runner, Lee (Clare's husband) at his left. Understandably it's still an incredibly daunting prospect: "All the talking and cheering; I use my ears a lot more now so I'll probably be freaking out a bit," confides Paul. "Someone colliding with you – that's the scariest thing of all."

## EXTRA CONCERNS

To help other runners give the trio enough space, Paul and other visually impaired marathon participants are given 'blind runner' vests to wear. The potential hazard is that they attract too much support!

"People pat you on the shoulder and but they don't realise they're damaging your shoulder. I could be red raw by the end!"

Another concern is refreshments along the way. The crush at filling stations and the multitude of discarded empty bottles

**It costs just shy of £50,000 to support a guide dog partnership from birth to and there's no government funding**

instructors do programmes for me, which are really good." By January 2015, Paul was over two-stone lighter and running up to 10k. "It takes me an hour," he said at the time. "But it's early days! I'm still learning." By March, Paul's training and determination had taken him up to a half-marathon distance on the treadmill; the only problem being finding someone at the gym to take patient Pedro out!

Having had to give up work, Paul saved for three months to buy a pair of quality running shoes, which he hoped would last him through training and race day. Then the kind folk at ASICS donated a second pair in support of his cause – a big weight off Paul's mind. On 26 April Paul will

mean that it's just too dangerous for Paul to attempt to get close. But he has a plan: "Clare's going to be our 'fetcher'. Lee and I just keep running straight. Clare's going to be with us until the end though; we're going to finish as a team."

Pedro isn't allowed to join them but will be reunited with his owner at the finish-line, just as he waits obediently every time Paul is at the gym. "I only think about good things when I'm running," says Paul. "What I'm doing this for; why I'm helping."

Getting a guide dog in February 2013, a year after he had to give up work, was "the best gift of all," enthuses Paul. "Pedro has not only changed my life but he has also become my best friend. I am always looking for ways to help raise funds and awareness of the Guide Dogs Association. It would be an honour for me to achieve something personally, but also give something back."







Pedro leads Paul safely during a walk



Clare, Paul and Lee with Zara and Pedro



Pedro stays on duty while Paul is at the gym

### **To make a donation visit:**

» [www.justgiving.com/paulsmithpedro/](http://www.justgiving.com/paulsmithpedro/)

» [www.facebook.com/PedroGuideDog](https://www.facebook.com/PedroGuideDog)

Or text **PEDR80** to the number **70070**, followed by the amount you wish to donate: **£1-£5, or £10**

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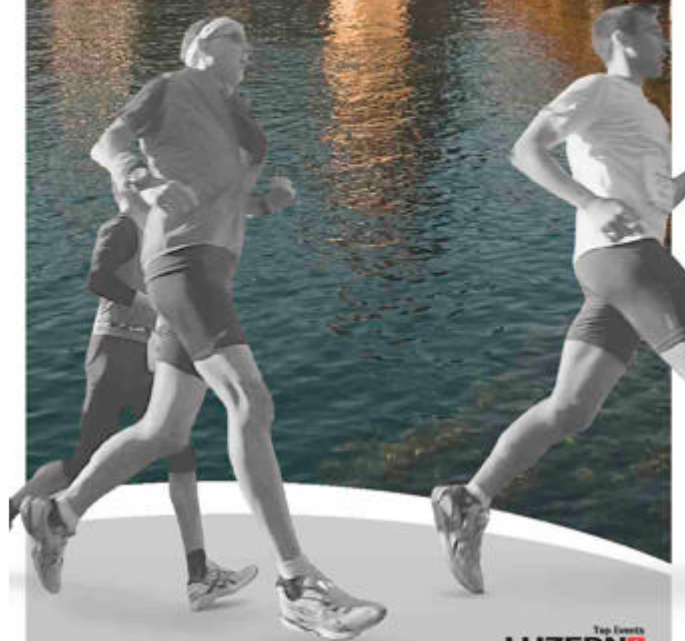


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MATT PHILLIPS

# INJURY SPECIALIST

Do you ever run whilst taking **ANTI-INFLAMMATORY MEDICATIONS**?

This month Matt explains why running on ibuprofen is not such a good idea

**H**ave you ever taken ibuprofen to help you get through a training session or a race? Many runners see no threat from taking an over-the-counter painkiller like ibuprofen in order to help them complete the session, but research strongly suggests that by doing so you could not only be preventing yourself from becoming a stronger runner, but more importantly increasing the risk of serious health issues.

## WHAT IS IBUPROFEN?

So what is ibuprofen? Ibuprofen is one of a group of painkillers called Non-Steroidal Anti-Inflammatory Drugs (NSAIDs). Created in 1961 following attempts to find a safer alternative to aspirin, ibuprofen is now widely available without prescription.

NSAIDs work by inhibiting the ability of an enzyme in the body called cyclo-oxygenase (COX) from synthesising prostaglandins, fat-like molecules which are involved in bringing about inflammation, pain and fever. Prostaglandins also carry out many other functions in the human body including protection of the stomach from its acid environment – meaning inhibition of their synthesis runs the risk of side effects such as indigestion, inflammation of the stomach lining and stomach ulcers. Long term ibuprofen use has also been correlated with increased risk of hypertension heart attacks.

## WHY DO RUNNERS TAKE IT?

Although modern research is slowly helping to change things, sadly the current solution to pain is too often seen as a pill. The term ‘painkiller’ demonstrates a misinterpretation of what pain is and modern pain science shows us that trying to ‘fight’ pain is unlikely to be a long term solution. Studies also show that many people fail to understand the differences between different types of painkillers: paracetamol is a general pain reliever with no anti-inflammatory effect; aspirin like ibuprofen is an NSAID. Codeine, an opioid analgesic, is often combined to boost the ‘painkilling’ effect.

## IS REDUCING INFLAMMATION GOOD?

Just as pain is misinterpreted as the enemy, so too is inflammation. How many times do we think of inflammation as a negative thing? Imagine a recently sprained ankle – swollen and painful. Both of these symptoms are protective in nature and part of the

Think before you take painkillers – should you be resting instead?



## MATT PHILLIPS

is a run conditioning coach and sports therapist with over 20 years experience working in the fitness industry. He is based at StrideUK.com in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

**It scares me how many runners I see taking NSAIDs before a race**

healing process. Treatment in the early stages typically involves reducing pain and swelling by taking NSAIDs, but that's a short term solution to an acute injury. Inflammation also occurs in response to the natural breaking down of muscle (micro-tears) when we run and exercise. It is a vital part of the body's adaptive system and should not be hindered. The inflammatory response delivers blood, oxygen and nutrients to the micro-tears to help build us up and make us stronger for the next effort. Taking of NSAIDs during a run (and even afterwards) can limit this natural inflammatory response, stop us from getting stronger and also invite extra health risks.

## BUT I AM IN PAIN!

In all honesty, it scares me how many runners I see taking NSAIDs in an attempt to run through pain. It reveals a clear misunderstanding of what pain is and how it needs to be addressed. Pain is the most sophisticated defence system we have to warn us of potential danger. It is not a sign of weakness. Too many runners confuse pain with determination. Pushing yourself through mental boundaries is a vital part of becoming a stronger runner. Ignoring pain is not and will typically just lead to reinforcement of escalated threat and therefore pain. If it's race day and pain has caught you by surprise, make a decision as to how important that race is. If you are struggling with pain in training, avoid the temptation to take pills. See a professional and work to find a long-term solution.



StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit [www.strideuk.com](http://www.strideuk.com)





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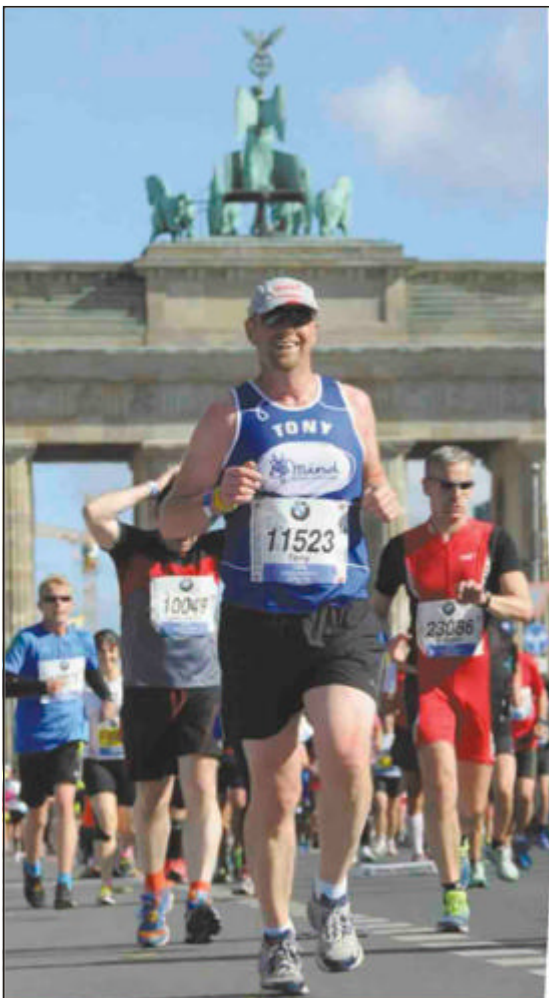
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LAURA FOUNTAIN

# LAZY GIRL RUNNING

Watching her Strava account rest on a **BIG FAT ZERO**, unsettled Laura. Until she remembered the ultra she completed, and that rest days are important

I enjoy watching my mileage grow throughout the week. Gradually the miles stack up in my Strava account. Run upon run makes the number climb slowly, until I reach the weekend and it has a growth spurt. On a Sunday evening I look at the number with pride, usually somewhere between 30 and 40 miles, not as big as some people's numbers but enough for me to feel satisfied in a week well run.

Then Monday morning comes and the number resets to a big fat zero. Monday, being a rest day, does nothing to rectify this. I feel anxious that the zero is taunting me.

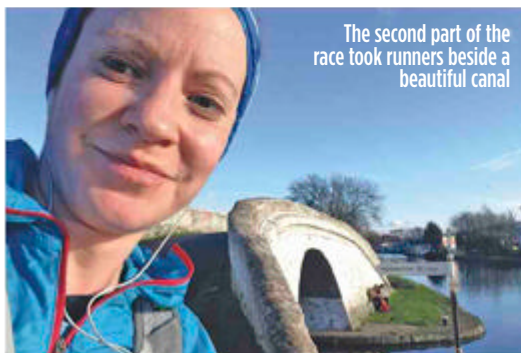
It's easy to forget how far you've run. It's amazing how quickly training miles disappear from memory and the feeling that you should be out there doing something creeps in. As each new week begins, it's easy to forget what the one before held.

Races seem to disappear from our short-term memory even faster. Once the aching has subsided, it's often replaced with a twitchy feeling. A compulsion to get out there and start clocking up the miles, regardless of whether we're recovered.

## RUNNING MY FIRST ULTRA

Back in January I ran my first ultra marathon. I ran 42.5 miles from Wendover in Buckinghamshire to Paddington as part of the Country to Capital race. I'd anticipated it would take my tired legs anything up to 10 hours to complete the run, and I was ready to walk large portions of the second half.

The day of the race came and I fell in line with a group of other runners, followed them through the navigation of the first half. I didn't look at my watch; I blindly followed those around me, listening also to what my legs were telling me. In the second half I found myself alone with just the canal to follow. I put my headphones in, put my head down and followed it to the finish, passing a few other runners as I went.



The second part of the race took runners beside a beautiful canal

Running her first ultra, Laura encountered hills and snow-covered fields



## LAURA FOUNTAIN

is a blogger, author and editor living and running in London. She's run 10 marathons and is now training for an Ironman but just six years ago she couldn't run 400 metres. Her book *The Lazy Runner* was published in 2012. She's a UK Athletics qualified run leader and helps beginner runners learn how to run and, more importantly, how to enjoy it.

Follow Laura on Twitter: @lazygirlrunning

This was my first ultra and I didn't know what to expect. I finished more than two hours quicker than I anticipated, in 7hrs 40min.

As well as my finish time, I was unsure how my legs would feel after running further than I'd ever run before, and how my recovery would go. I'd booked another ultra, The Eco Trail Paris, for just two months later. But big questions over recovery and then returning to training hung in the air.

A week after that ultra my legs stopped aching. But I didn't run. I went to yoga, I got on my bike. The itchy feeling that I should be out there running raised its head; I had a race to prepare for after all. But I ignored it. My training mileage sat at a big fat zero for 10 days. After 10 days I put on my race t-shirt and I ran a few short, slow miles. I've wondered for a while what race medals and t-shirts are for, beyond mementos to look back on. But maybe this is why they exist – as a visual reminder that we ran quite far not so long ago, and that for the time being we should take it easy.



**“It's amazing how miles disappear from memory and the feeling that you should be out there creeps in”**





DAVE STANDEN

# TECHNOLOGY CORNER

Do we need to rethink how fitness data is visualised? Dave looks at the likes of **MYFITNESSPAL**, and wonders when we'll be able to view data in a more engaging, homogenous way

I love graphs. It's not a guilty pleasure – I openly love them. I eat up anything that visualises data in simple, accessible ways. But lately, I've been wanting more.

Most fitness apps do a great job of visualising data. Sure, some are terrible at it, but on the whole the industry does a pretty good job. The problem is, things have changed. The rise of Apple Health and Google Fit has allowed apps to share data. You can gather information about calorie intake, steps, running, circuit training, sugar intake, teeth brushing, sleeping habits and all manner of other data. Yet the visualisations have stayed within the separate apps. There's no great experience where that data is visualised in an engaging, holistic way. This means if you're looking at datasets in different apps then there's no way to real way to see how one connects with another and what effect that has on you.

It makes sense to communicate the data collectively. Connecting data sources to help people understand their fitness and health can only be a good thing. You want the whole story right? Not a selection of disconnected chapters that try and fight for your attention.

Currently the two apps I get the most connected data from are Apple's Health and MyFitnessPal. They both convey data from a number of different sources in a simple but, frankly, quite a dull way. Apple has no excuse. It's a company that designs beautiful things – devices that are easy to use and understand, and have redefined their respective markets. Yet the best they can do when it comes to



## DAVE STANDEN

writes about running, technology, and running technology.

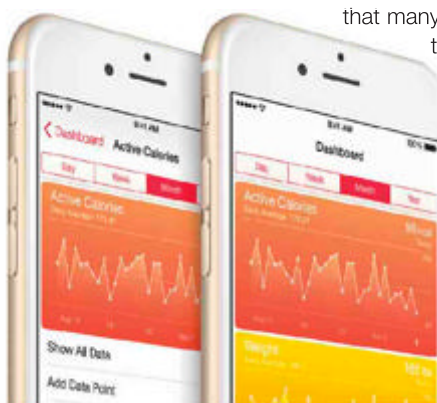
Follow him on Twitter @DavidStanden

visualising data is a line graph. Even a graph lover like myself leaves the app feeling uninspired.

MyFitnessPal is slightly better at communicating data visually, but tends to focus its efforts on steps, calories and nutrition. Considering the kind of apps and devices it's compatible with, this seems like a wasted opportunity. Does calorie intake affect my sleep? Does five minutes of circuit training in the morning affect the way I eat during the day? I could analyse the data I get from the various apps I use and come to my own conclusions, but I'd rather the app makers took the time to develop the technology that's available to them. I want them to come up with better ways of showing me the connections, so that I don't have to tap through several apps, make my own spreadsheets and spend more time than I can spare analysing multiple datasets.

Perhaps I'm being too demanding. Maybe I'm alone in my quest for more informative data – data that's visualised in compelling ways. I totally accept that many people don't look at their apps and think they need to see everything about their health. However, what I do know is that the more we know about ourselves and the more we know about how one aspect of our life connects to and affects another, the better we'll be at maintaining both our fitness and our wellness.

So next time you look at the information on an app, don't just think about what you're seeing – think about what you're not seeing too.



## MORE PODS

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This American Life collects real life stories around a particular theme, all conveyed with humour and poignancy. It's currently downloaded by 1.5 million people, which should give you an indication of how good it is.



### TED RADIO HOUR

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The TED Radio Hour offers 'fresh approaches to old problems'. It collects TED talks around specific topics like happiness and the human mind, using clips from talks as well as interviews with the speakers to explore great ideas.



### THE MOTH

[www.themoth.org](http://www.themoth.org)

The Moth is dedicated to storytelling. People tell true stories in front of an audience – sometimes scripted, sometimes without notes. Speakers include the likes of Ethan Hawke, Malcolm Gladwell and Salman Rushdie.





TONY PHILLIPS

# A MILE EACH DAY

Helping other runners to see their potential is not only beneficial for them, but also **HUGELY REWARDING** for you, as Tony finds out this month

**"THE GREATEST GOOD YOU CAN DO FOR ANOTHER IS NOT JUST TO SHARE YOUR RICHES BUT TO REVEAL TO HIM HIS OWN."  
— BENJAMIN DISRAELI**

**Y**esterday I had the job of being a pacer in a half marathon. It was hugely enjoyable, largely due to the positive responses and thanks I received from a number of the runners around me. It felt like I'd really made a difference to those runners.

While wondering what I'd done to deserve the thanks, my mind went back to my childhood. When I was 10 years old I was bad at maths. I had absolutely no doubt that I was terrible at maths because my teacher made it very clear that this was the case. He demonstrated it not only when he marked my work, but also in the way he talked to me and treated me in class. I decided then that I would always be rubbish at maths, until something happened that changed everything. In that same year my maths teacher left and I got a new teacher, Mr Schwarz.

My new maths teacher was very different from my old maths teacher. Mr Schwarz was smiley, friendly and somehow, I don't know how, he saw potential in my maths ability that I had given up trying to find. Within a year of Mr Schwarz's arrival, maths became my best subject at school and remained so for the rest of my education and beyond.

## REALISING THE POTENTIAL

So what are the parallels between these two stories? I think that the two stories show that there are actually a few very simple steps to follow if you want to help others reach their potential.

First, you need to notice them, acknowledge them, and find out a little bit about them and their running (or perhaps their maths).

Next, tell them how well you think they're doing already (which isn't too hard when they're happy chatting to you running at a similar pace). Then keep an eye on them to make sure they're alright; making good progress; that they're not struggling, and that they are progressing appropriately for their ability and the size of the challenge. It also helps to encourage them. Tell them what's up ahead; to ease up a bit when the going gets a little tougher, and let them know when they're on the downhill run home.

Finally, tell them that you absolutely believe they can do it.



**"There are a few simple steps to follow if you want to help others reach their potential"**



## TONY PHILLIPS

is a personal coach working with entrepreneurs and business leaders. An enthusiastic back of the pack runner, in January 2010 he began an experiment to run at least a mile each day. Tony is fascinated by the lessons running and daily habits teach him about life.

Follow Tony on Twitter: @AMileEachDay or [www.coachingapproach.co.uk](http://www.coachingapproach.co.uk)

## THE BENEFITS OF HELPING OTHERS

Yesterday confirmed to me that it's not difficult to help others release their potential, whether it's a runner trying to achieve a goal or someone who is trying to learn maths. It takes very little effort and offers huge benefits, out of proportion to the amount of effort put in. The bonus is that you get as much out of helping others as the people you're helping.

There is a story of a young lady who was taken to dinner one night by former prime minister William Gladstone, and on the next night by his great rival Benjamin Disraeli. When asked what impression the two men had made on her, the young lady said that after dining with Mr Gladstone, she thought that he was the cleverest man in England. However after dining with Mr Disraeli, she thought she was the cleverest woman in England.

Who will you help to release their potential?





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DAN TYE

# REACH NEW HEIGHTS

In this new series, we follow Dan Tye as he tackles various **OUTDOOR PURSUITS**, all in the name of running. This month he takes on an adventure right from his own doorstep

I like to think I am an adventurous runner. But while I often dream about running across mountain-tops and through beautiful scenery, the reality is that my front door opens up to a normal residential road in leafy Sevenoaks (it could be worse, but Chamonix, it ain't). No, you won't find too many snowy peaks and waterfalls here, but if any of us look hard enough you can at least find places to run that are much more adventurous than a lap round the block. One of the most appealing things about running is the convenience. But if you dream of running in beautiful places with scenic views, then like me, you may find that you need to do more planning.

## FROM YOUR DOORS

I might be perching on the edge of the M25 and in the London commuter-belt, but I'm not going to let that stop me. So I've come up with a new concept and I'm calling it the 'Circle of Adventure'.

It's simple. Take a map, pinpoint your house and then draw a circle with a five-mile radius around your house with a felt-tip pen. All you need to do is highlight all of the places inside that circle that you can reach from your doorstep that you'd like to explore; lakes, reservoirs, woodland, hillier areas, river runs, tow-path runs and so-on. Include places that you could drive to in your car and run from.

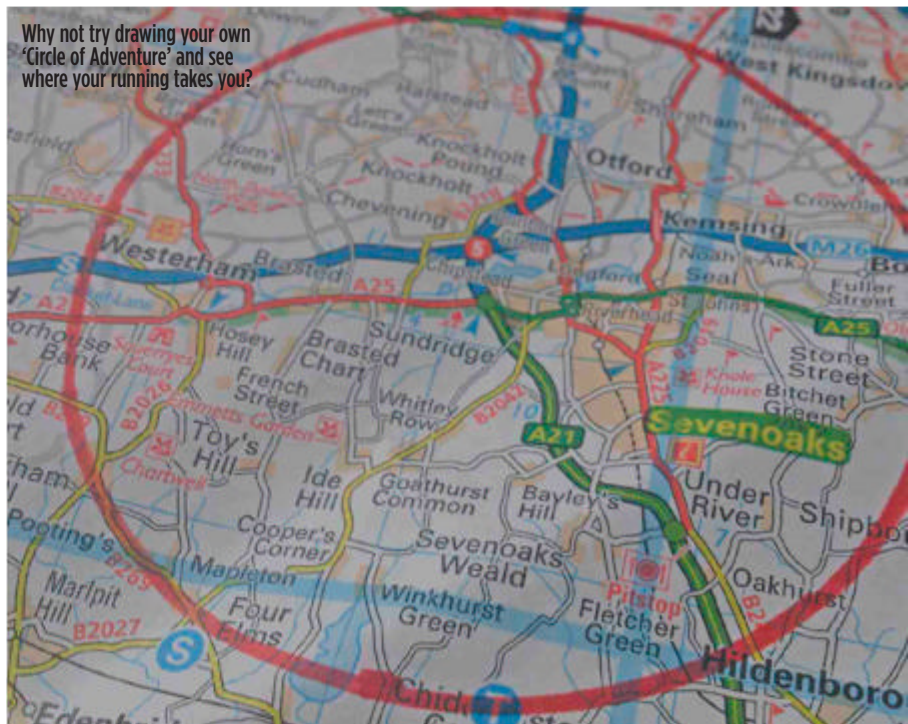
Once you've done this you just need to experiment with some of the places you've picked out. Aim for one a week. There's no right or wrong route. It's actually taken me three months to run a particular route I'd spotted and do you know what, I wish I'd run ages ago because I literally have the North Downs on my doorstep and views from the top are incredible. Who needs Mont Blanc? I find I now take on more challenging terrain and steeper hills than on my day-to-day runs. Less frequently, I have been taking the car to Cuckmere Haven (about a 45-minute drive) and running across the coastal cliffs there.

## SOMETHING TO LOOK FORWARD TO

How about planning a quarterly trip to the Peaks/the Lakes/Snowdonia or the Highlands? Let's be honest, it's unlikely to happen more often than that, unless you're lucky enough to live in one of those parts of the country, but we all need something in the diary to look forward to. And it needn't cost the earth.

Once the daffodils start popping up in the garden, we can start thinking about pulling out the tent from its hibernating place in the depths of the garage. A

Why not try drawing your own 'Circle of Adventure' and see where your running takes you?



## DAN TYE

took a love of cross-country running and outdoor pursuits with him into the RAF as a pilot. The call of the mountains was too great though and he became a ski instructor in Canada, before working as a journalist for the past 10 years. He now edits an online adventure lifestyle blog called *Adventure 52*, where he encourages everyone to make the most of his or her 52 weeks a year. Find him at: @Adventure52mag or [www.adventure52.com](http://www.adventure52.com)

weekend camping break in the spring is the perfect way to get some hill-running and on a shoestring, too. Once you have planned and carried out your first 'adventure run' you realise that it isn't completely out of reach. It just takes a little planning.

But what if you need more inspiration? Then read *Feet in the Clouds* by Richard Askwith, that'll get you going.

## RAB MOUNTAIN MARATHON

If reading *Feet in the Clouds* and drawing your own 'Circle of Adventure' aren't adventurous enough for you, then how about picking the Rab Mountain Marathon as an event to aim and train for? As I write, the e-newsletter from the event organisers has just landed in my inbox to tell me that 2015 entries are now open. I'm tempted. Are you?



**“Once you have planned and carried out your first ‘adventure run’ you realise that it *isn't* completely out of reach. It just takes a little planning”**



# FIRST STEPS

**Running  
Fitness**  
**COUCH TO 5K**  
**PART 1**

Are you brand new to running, wondering how to get started? Look no further than our ultimate **STEP-BY-STEP GUIDE** for complete beginners **WORDS** Sarah Russell



If you want to start running, but you're not quite sure where to begin, or you're just nervous, then this is the guide for you. Over the next three issues, we'll show you how to take those very first steps with a simple jog/walk programme, and build up until you can run for 20-30 minutes without stopping. We'll provide plenty of encouragement and advice along the way, and we can guarantee that in three months time, you'll look back and wonder why you never did it before.

Our belief here is that pretty much anyone can run. If you're healthy and you can walk, then you can run. And it doesn't matter how fast either, the point is that you're out there doing it.

The rise of events such as Race for Life, parkrun and the growth of obstacle course racing – which is as much about getting muddy and having fun, as it is about running – has helped drive the growth of a new breed of 'non competitive runner'. Running is no longer just for the elite club runners, it's a mass participation activity that everyone can be part of.

## WHY IS RUNNING SO GREAT?

The biggest draw to running is that it's time-efficient and great for busy people. You can run for half an hour, shower and be ready for work in less time that it could take to drive to the gym. You can pretty

much run anywhere, on-road or off,

indoors or out, in summer or winter, alone, with friends or even your dog. It costs very little and the only equipment you really need is a good pair of running shoes and if female, a supportive bra.

And if that's not enough, running has been proven to

help depression and stress, lower cholesterol, blood pressure and release feel good endorphins. It helps you sleep better and can help with weight loss.

But despite knowing all of that, sometimes just taking those first few steps can be daunting. But as the Chinese proverb says: "The journey of a thousand miles must begin with a single step."

So don't put it off a minute longer! Read on and get ready to run.

## FIRST THINGS FIRST

Get checked out by your GP before you start, especially if you have a family history of heart disease, high blood pressure or have any concerns about your health and suitability to take up running. Any niggling pain or discomfort anywhere in your knees, hips, ankles or low back should be checked out by a physiotherapist before you start.

Many injuries develop over time and result from an old problem or existing weakness or muscle imbalance. Get an assessment by a physio or fitness trainer who can assess biomechanical imbalances. You can then work on weaknesses with exercises before they turn into injuries.

### TOP TIP

Don't underestimate the power of Pilates! It will complement your running and help keep you injury-free. Try a local class or a STOTT Pilates DVD at home.

## YOUR ADVICE – top tips from other runners

"Start slowly and don't try to keep up with everyone. Listen to your own body and set your own pace. Keep your head up and enjoy" – Sarah Shephard

"Don't expect too much from yourself in the early days. Just relax, enjoy and don't be too concerned with how few miles you're able to achieve. Don't set unachievable goals, and don't beat yourself up if you need to rest" – Laura Ansell

"Run with a friend – one that you have a lot to talk to about!! It gives you the motivation to get out there (they're waiting for you); that chat keeps your mind off how well/badly you're doing – and means that you run at a good conversational pace. You run and you put the world to rights – two birds with one stone!!" – Gwyn Carter

"If you have any twinges/pain or injuries stop, seek advice if necessary and rest – most beginner injuries are minor and usually clear up quickly with the right treatment" – Janet Sharples

"Write times and distance in a diary. I found it so encouraging to see progress" – Paul Hollis

"Run at a conversational pace, if you can't talk then you are probably running too hard" – Bryony Lawrence

"When you start, everything feels hard. But each time you run something becomes a little easier. Give yourself permission to take your time" – Gareth Adams

Don't run too fast or too hard; keep your pace comfortable



## THE FIRST STEPS

As Samuel Levensen once said: "you can't start at the top". The biggest mistake that many new runners make is simply trying to run too fast. This is usually the pace that's programmed into your brain from the last time you ran – and that's likely to be from your fitter and younger days. Gasping for breath before you're at the end of your street is miserable, so getting that initial pace right can be make-or-break for whether you ever want to go running again.

Your main goal at this stage is to increase the length of time you can run for – slowly and gradually over time. The key to doing this successfully is to slow your pace right down, factor in plenty of walk breaks and be patient. Faster and harder is NOT better. Easy and comfortable is the goal!

## SHOES AND KIT

The choice of running shoes on the market is overwhelming; add to that the conflicting advice, and it can be impossible to know what to buy. Go to a specialist running shop where trained staff will be able to advise you. As a rule of thumb, go for a pair 1-1.5 sizes bigger than your normal shoes to allow space for your feet to expand and toes to move. Don't overthink the technology or go for the most expensive ones. Instead aim for something that's comfortable, provides a reasonable amount of cushioning and try them on in the shop if possible.

Next to shoes, a correctly fitting sports bra for females is the second most important investment you need to make. Your breasts move an average of nine centimetres when you run and wearing a supportive bra will reduce 'bounce' and provide essential support.

A simple stopwatch is probably the only other thing you need at this stage, but it doesn't have to be expensive. Just something basic (we love Timex Ironman 30 Lap Watch, only £59.99), with a large display and stop/start function.





The key to your first run is to include sections of walking

## WALK BEFORE YOU RUN

Before you start running, you need to do some regular and consistent walking. Start with 20-30 minutes of brisk walking and work up to 60 minutes, three times a week for a month before starting the schedule. You may have a higher level of fitness from dog walking, cycling or gym work, but must still build slowly as the high impact nature of running takes time to adjust to.

**“You shouldn’t be exhausted or sore; at the end you should feel like you could have done more. Take it steady and build up gently”**



### YOUR FIRST RUN

Before you begin, start with some simple mobility work (see ‘warming up’ section). Then head out and walk! Spend five minutes walking briskly, swinging your arms before breaking into a slow jog. The pace should feel manageable. Time yourself to jog for 1-2 minutes, and then walk briskly for two minutes. Repeat this 10 times, then walk for another five minutes, cool down and... that’s it!

You shouldn’t be exhausted or sore; at the end you should feel like you could have done more. Take it steady and build up gently. At any sign of dizziness or pain, then stop and consult your GP.

## THE RULES TO SUCCESS

**1 ALWAYS WALK BRISKLY** for five minutes first and cool down with a gentle five-minute walk after the session

**2 AVOID RUNNING ON CONSECUTIVE DAYS.** Have at least two days rest between sessions – run on a Monday and Thursday for example.

This schedule is meant to be a guide as everyone progresses at different rates. You may find it too tough, in which case drop one or two of the sets from each session, or add

more walking time. If you find the pace too easy, still be cautious. Even though you might be fit, your legs need time to get used to the impact of running, so build up slowly, otherwise you run the risk of injury

**3 KEEP FULLY HYDRATED.** This is especially important during the hot summer weather. Drink plenty of water during the day and leading up to your session. Carry a small bottle of drink with you if it’s really hot

**4 DON’T DO ANY MORE THAN THE PLAN.** If you want to do more activity, then do a Pilates class, try some yoga, go swimming or cycling or take a fitness class

**5 START EVERY RUN WITH A FIVE-MINUTE WALK,** then follow the plan on the next page. Make sure you finish with a five-minute cool down walk. This adds 10 minutes to each session, but is vital to the success of the training plan.



## JOIN THE COMMUNITY

Join our supportive community online and share your journey with like-minded runners

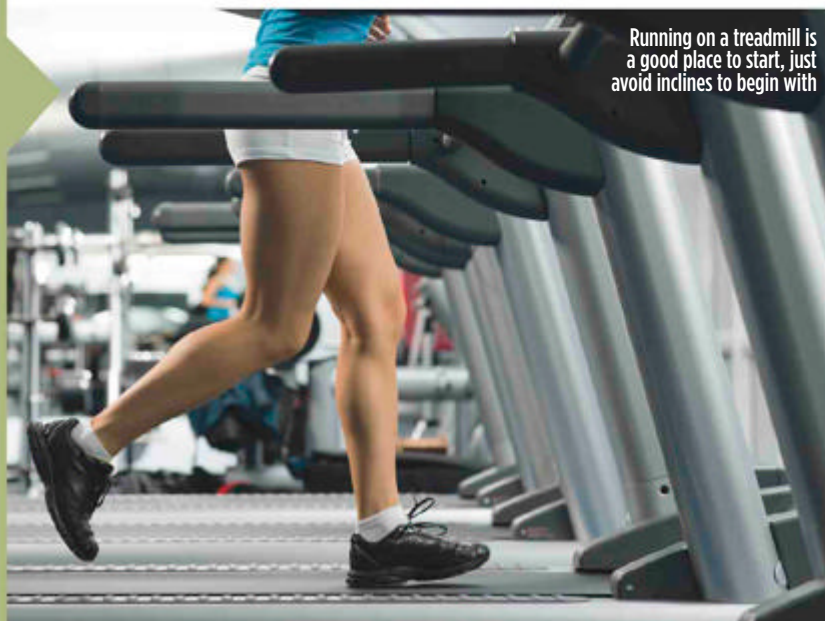


### Where to run

Find the flattest routes you can to begin with and avoid hills and rough ground as much as possible. Traffic-free parks, cricket pitches, cycle network routes and canal paths are all really good places to start.

You can also run on a treadmill in the gym and this is often as good a place as any. If you choose to run outside, be aware of your personal safety, especially when running alone or at night. It's important to wear a reflective bib, carry a personal alarm and mobile, and always tell someone where you're going and roughly what time you plan to arrive back home.

Running on a treadmill is a good place to start, just avoid inclines to begin with



### WARMING UP, STRETCHING AND COOLING DOWN

Static stretching before a run is now universally not recommended. In fact it could do more harm than good, as stretching cold muscles can cause injury. Instead, go through a series of mobility movements, shoulder shrugs, hip rolls, ankle rolls, knee lifts and so on, for about two to three minutes. Spend four to five minutes walking briskly, then break into a jog and build up to your pace. If you have

any tight spots, you can stop to stretch them if you wish after.

Always finish off your run with five minutes of walking to cool down. Whether or not static stretching after a run is beneficial is the subject of hot debate, but many runners still find it helpful. If you do, hold the stretch for eight to 10 seconds, gently release and repeat three times. Focus on quads, calves and hamstrings.

## THE FIRST MONTH

So here's your initial schedule, which will take you from scratch to the point of being able to run for eight minutes in only four weeks. It may not sound like much yet, but remember that it was only four weeks ago that you could only run for one minute. Look forward to next month, as by the end of the next four-week block, you'll be running for 20-25 minutes!

### Effort level – how hard should it feel?

On a scale of 1-10, when you're running you should feel as if your effort level is around 5-6

10 = really hard

1 = very easy 

#### COUCH TO 5K - WEEK 1

**Session 1** 1 min jog/2 min walk x 8-10

**Session 2** 2 min jog/2 min walk x 4-5

#### COUCH TO 5K - WEEK 2

**Session 1** 3 min jog/2 min walk x 5-6

**Session 2** 4 min jog/2 min walk x 4-5

#### COUCH TO 5K - WEEK 3

**Session 1** 5 min jog/2 min walk x 1; then 2 min jog/1 min walk x 5-6

**Session 2** 6 min jog/2 min walk x 1, then 2 min jog/1 min walk x 5-6

#### COUCH TO 5K - WEEK 4

**Session 1** 7 min jog/2 min walk x 1 then 2 min jog/1 min walk x 6-7

**Session 2** 8 min jog/2 min walk x 1, then 3 min jog/1 min walk x 5-6



# BEGINNERS' KIT BAG

Starting out but unsure **WHAT KIT TO INVEST IN?** Look no further than our guide to great gear



» **GORE SUNLIGHT LADY PRINT SHORTS £49.99**

Embrace spring looking fresh and colourful with the new Sunlight Lady range. These light running shorts come with an adjustable elastic waist with flat cord, concealed back zip pocket and reflective front logo. 85 per cent polyester, 14 per cent elastane.

[www.goreapparel.co.uk](http://www.goreapparel.co.uk)

» **GORE ESSENTIAL SHIRT (MEN'S) £39.99**

Classic bright design for spring. Comes with pocket for cable outlet, mesh inserts for good breathability under arms and at nape, reflective logo on front, concealed back zip pocket. Range of bright colours. 100 per cent polyester.

[www.goreapparel.co.uk](http://www.goreapparel.co.uk)

» **GARMIN FORERUNNER 10 £99.99**

Tracks distance, pace and calories. Identifies personal records. User-friendly and effective. As your confidence increases, you can plan, review and share runs at Garmin Connect™. Five-hour battery life. Records seven activities. Shock-resistant.

[www.garmin.com/en-GB](http://www.garmin.com/en-GB)



» **BROOKS RAVENNA 6 £110**

A solid daily training shoe, offering a balance between a neutral and supportive fit. Great cushioning and stability. Has a newly designed upper and mid-sole saddle and heel collar for a more stability and comfort.

[www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)



**Running  
Fitness**  
**ED'S PICK OF  
THE MONTH**





» DHB SUNGLASSES £34.99

Lightweight, half-frame photocromatic glasses with UVA and UVB protection. Lenses have a mirror finish to eliminate glare. Comfy and practical.

[www.wiggle.co.uk](http://www.wiggle.co.uk)

» NATHAN SPEEDDRAW PLUS INSULATED WATER BOTTLE £28.99

Well-designed curved shape for an easy natural grip. Double wall insulated (first ever!) with reflective detail for safety. High-flow race cap with one-way valve that opens and closes automatically. Great for drinking on the run.

[www.2pure.co.uk](http://www.2pure.co.uk)



» GORE AIR PRINT BAGGY SHORTS (MEN'S) £49.99

New design made from soft, lightweight fabric, perfect for spring runs – long enough to keep your upper legs warm and cool enough for when the days warm up. Colours: olive or black. 100 per cent polyamide inner pants.

[www.goreapparel.co.uk](http://www.goreapparel.co.uk)



» ADIDAS RUNNING/COMMUTER BACKPACK £50

Versatile and handy for weekend trips/holidays, race day and commuting. Six compartments: main; two front, two side and shoe pocket. Adjustable mesh shoulder straps, chest strap and waist belt. Padded mesh back for comfort. Compression straps, rain cover and pole carry.

[www.adidas.co.uk](http://www.adidas.co.uk)

» GORE AIR LADY SKIRT £49.99

Made from lightweight, soft functional material, with zip pocket on back, broad waistband for increased comfort, reflective print on back, mesh insert in back for optimum ventilation, reflective logo on front. Can be worn with shorts or 3/4 tights. Very comfortable fit for when the weather warms up.

[www.goreapparel.co.uk](http://www.goreapparel.co.uk)



» GORE URBAN TANK - (MEN'S) £49.99

This sporty, lightweight running top is made with 67 per cent merino wool, and is perfect for urban runners. The tank has a very comfortable fit and feel. Perfect for crisp spring morning runs and lunchtime sprints!

[www.goreapparel.co.uk](http://www.goreapparel.co.uk)



DO YOU HAVE A FAVOURITE PIECE OF KIT? Join our running community at: Twitter: @Runfitmag or Facebook: [facebook.com/RunningFitness](https://facebook.com/RunningFitness)



# BREAK THOSE BARRIERS!

Even though the days are growing longer again, why is it still tough to get going? We explain how to overcome **10 COMMON BARRIERS** to running

WORDS Evie Serventi



**1 TIME**  
This is one of the most commonly-cited reasons for not exercising. But let's face it, we all have busy lives. You simply have to change both your mindset and your perspective, and make time if you're going to get the most from your running.

**Solution** CARVING A MERE 15 MINUTES OUT OF YOUR DAY IS A REALISTIC START. And once you get into this habit you'll start to notice a positive shift in your energy, fitness and mood; plus you'll find it easier to inch up the time spent exercising each day. Stop and think about your daily routine and account for each hour. You'll soon realise that it's quite feasible to squeeze in at least 15 minutes of exercise. How? Get up slightly earlier, take a shorter lunch break, walk to do errands rather than jumping in the car, or squeeze in a short walk or run at lunchtime. Even parking 10 minutes away from your supermarket and whizzing round the shops will help. Weekends offer greater flexibility to fit small blocks of running/exercising around errands, chores and other activities so that you can maximise the time spent out and about and time spent at home.

**SCHOOL RUN TIP:** Dress in your running kit and when you drop the kids off at school, do a 20-minute run from the school grounds before getting on with your day.



**2 WORK**  
While work commitments often consume most hours in your day and keep you in a fixed routine, why not use this structure to your advantage?

**Solution** RESEARCH GYMS THAT OFFER PLENTY OF CLASSES THAT APPEAL; open early/closes late; are on your commute or not far from home, and offer flexible memberships. Look into corporate discounts and health insurer initiatives – some offer points for exercising both at gyms and outdoors. Most gyms offer sharp 20-minute lunchtime workouts too. Use

the gym for strength and conditioning/classes, and run on the weekends.

Lunchtime running not only helps you sharpen your cognitive tools for the afternoon, it boosts your mood and encourages teamwork. Organise a group run with colleagues a couple of times a week, or check local running clubs near work. If you travel for work, check into a hotel with fitness facilities or aim to stay near a park – this is a great way to get to know another city and it allows you to maintain consistency with your fitness. If meetings are often on your agenda, why not meet between buildings and power walk and talk? Book 'running time' as a meeting in your work diary.



## 3 DISORGANISATION

**Here's your mantra: diarise, prioritise, and kitchen wall planner! Disorganisation is often a scapegoat for having a lot going on, and being pulled in many directions. The good news is that there are plenty of simple solutions.**

**Solution** **BUY A DIARY THAT HAS A WEEK IN FULL VIEW.** Pencil your run into each day, working it around other commitments. Be flexible with your scheduling and write lists so that you can start to get a sense of what you need to prioritise each day. You'll soon see pockets of time emerge – this is where you pencil in a run – and remember, even a 20-minute run is valid! Purchase a weekly planner and pin it up in a place you'll see it regularly and complete the same process. Your 20-30 minute run needs to be just as important as the other commitments. Just reading the words 'Tues - 9am – run with Julie' will validate your exercise as a priority and reinforce your commitment. It will also help to keep you motivated. Pack/prepare kit the night before your morning run.

Plan ahead to the next week and if you know it's going to be a busy one, make sure you pencil some dates around that week (weekend before, week/weekend after) so that you feel reassured that you'll prioritise your run/exercise. Planning can help you stay focused and improve your ability to prioritise. Ask family/friends to encourage you by showing interest – this will also boost your mood and motivation.

## 4 FEELING GUILTY

**Sport England's recent 'This Girl Can' campaign urges women to get active and stay active. Research behind the campaign revealed that 81 per cent of mums with children under 15 prioritise spending time with their families over getting fit, and 44 per cent of mums say they feel guilty if they spend time on themselves.**

**Solution** **GIVE YOURSELF A GOOD TALKING TO!** While your intentions may be good, it's not really practical to look after others if you neglect looking after yourself. Be honest – if you feel unfit and miserable, it will reflect in your interactions with others. Take note of people in your circles who seem to be able to run regularly and still raise a family. Ask them for tips and advice. And when you do go for a run, instead of feeling down on yourself, spend the time thinking about constructive things – things that will add value to your family.



## 5 SELF-CONSCIOUS

**New research by Sport England reveals that "fear of being judged" is the main barrier (for women) to exercise. And admittedly, if you are new to running regularly, it can be daunting to step out on the streets, dive in the pool, or work out in a gym. The irony is, everyone has moments when they feel the same, no matter how much experience they have.**

**Solution** **USE YOUR MENTAL STRENGTH!**

Remind yourself what a great thing you are doing by

looking after your health, and focus on how well you feel emotionally and physically after each run. If you are shy, start by getting used to aspects of running like stretching at home with an exercise DVD, or look into a couple of PT sessions. If your routine is flexible, choose quiet times at your local gym so you don't get distracted by worrying about others. Join same sex classes. Ask someone you trust (spouse, friend) to join you for a run in a park and chat along the way. As your confidence builds, so will your ability to stretch your comfort zone. Tap into a local running group and enjoy the social side of fitness. You'll soon start to forge new friendships and even enter team events. There's no stopping you!

## 6 FAMILY COMMITMENTS

**Granted, there are going to be days where family commitments override everything else, but there needs to be a balance if you are going to feel happy and fulfilled.**

**Solution** **THE MORE SUPPORT YOU HAVE** in terms of maintaining a fit and active lifestyle, the easier it will be to balance family commitments with exercise. I know many people who fix Sunday morning as 'family time' which includes either going for a walk, playing games or sports in a park, or cycling or swimming. It's almost a ritual and one that the whole family have come to love – and, crucially, to miss, if something else does prevail.

Exercising early in the morning can be practical – most family commitments don't happen before 7am, which means you get to go for your run and feel ready for the day ahead. Find others in similar situations as you; for example, find a friend/other mum who can babysit while you go for your run, and then do the same for them.

Learn to negotiate – if you spend half a day with your in-laws, make an agreement that you'll both have time to schedule your fitness around your commitments. If you drop the children off at an event on the weekends, scoot off for a 30-minute run and be back in time to see them finish. And alternate weekends with your spouse so you both get time.

## 7 WEATHER

**There will always be days where you'll think twice before stepping out into freezing temperatures, icy cold winds, dark gloomy frost, or sheets of rain. But will you do it? How will you feel later that day if you give in? Probably disappointed, grumpy and possibly demotivated.**



### Solution

**WHEN YOU FEEL YOUR MOTIVATION LEVEL START TO DROP** and your 'excuse cage' rattling, just take a moment to think ahead. Realising that you'll feel worse if you give in to a bit of bad weather might just be the push you need to get you out the door. Professional triathlete Helen Jenkins agrees: "When you are struggling to get out the door (and we all have days like that) just do it – even if you don't feel like it, get outside and you've broken that barrier."

It's also important to be well-equipped – if you buy the right gear for various conditions, you'll be more likely to want to get out and run. Waterproofs, base layers, high vis kit, gloves, head lamp for the colder months; shorts, hats, sunglasses, water bottles for the warmer months.





## WHAT INSPIRES YOU TO GET OUT?

Share your photos and stories on our facebook page or tweet us



## 8 FEAR OF INJURY

**Regularly on the mind of every runner, no matter what level you are at, is the fear of injury. This often stems from previous experience (of being injured), inexperience, or projection based on a fellow runner/friend being injured.**

### **Solution** START OFF ON THE RIGHT FOOT

**(SORRY!).** If you are new to running, take it slow (jog/walk) and seek expert guidance in terms of warming up/down properly, how to build up your miles, and injury prevention. Your local running club is a good place to start. You may already have a good physio or biomechanics coach who can pinpoint any potential hotspots that you need to work on in order to stay strong and supple. Investing in a couple of useful bits of kits such as a foam roller and/or trigger balls, learning how to use them and working even five solid minutes a day of exercises is a lot less time-consuming and cost-effective than regular trips for treatment. And maintain/rotate your trainers – regular maintenance of kit and body is the key to consistent running!



## 9 LACK OF SUPPORT

**Support can be critical in terms of sticking with your exercise goals and doesn't just have to come from family.**

**Solution** **SIT DOWN AND WORK OUT** who your support networks are so you can ask for their support. You might have your family in one group, close friends in another, a running group in another, work colleagues in another, book club friends... and so on. Identify someone from each group and ask for their encouragement.

Turn Saturday morning into a family affair – register with your local parkrun and junior parkrun ([www.parkrun.com](http://www.parkrun.com)), sign up with a local triathlon club (many welcome juniors) or swimming club. And when planning holidays, turn some of them into adventures which include cycling, swimming, walking or water sports. Teaching kids that exercise is a part of life is the best way to gain their support.

## 10 I FIND IT BORING AND I'M A LITTLE LAZY (BUT DON'T TELL ANYONE!)

**Running and being active doesn't come naturally to everyone. Even the most seasoned runners find their sport repetitive and tough at times. But it doesn't have to be boring.**

**Solution** **CHOOSE ACTIVITIES YOU ENJOY.** If you like running, but not enough to do it every day, try cycling, triathlon, classes or group runs. Vary your routine to keep your week interesting and add a few social runs to your monthly schedule. Even if you prefer to run alone, running with a friend will soon see you appreciate your solo running! Learn new skills and focus on a different aspect of running such as running technique, nutrition, or other types of runs.

Be honest with yourself and work with your personality, not against it. Plan a run for a time of the day/week when you know you'll feel more energetic. Set realistic expectations such as a five-minute jog mixed into a half hour walk. You'll feel strong and proud as you tick off your goals. Buying new trainers or kit, getting dressed in your running kit first thing and eating a healthy breakfast are all goals of equal measure and achieving them will boost your motivation.





# ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with an in-depth and honest review that you can trust

## SOS REHYDRATE

Available in blueberry and citrus flavours **£6.99** (for five sachets)  
[www.sosrehydrate.com](http://www.sosrehydrate.com)

- Designed by a doctor
- Partner for England Athletics
- Prevents dehydration
- Compared to an IV drip

**SOS Rehydrate was launched in the UK last year and we were smitten straight away. Its popularity has widened, and it has just become the Official Rehydration Partner for England Athletics.**

### WHAT IS IT?

SOS Rehydrate was designed by a medical doctor and two British middle-distance runners as an alternative to traditional sports drinks. Based on medical and sports science, SOS rehydrate was formulated to be a fast-acting electrolyte replacement drink to prevent and combat mild/moderate dehydration.

What makes it different is the balance of electrolytes and glucose. With many sports drinks the concentration of sugar is very high, which can actually make it difficult for the body to absorb water and electrolytes correctly.

Osmolarity (concentration of a solution – in this case, the balance between water and sodium in the body) is key to the body's ability to absorb fluids. The body's normal (isotonic) osmolarity is

290mmol/L.  
 From a

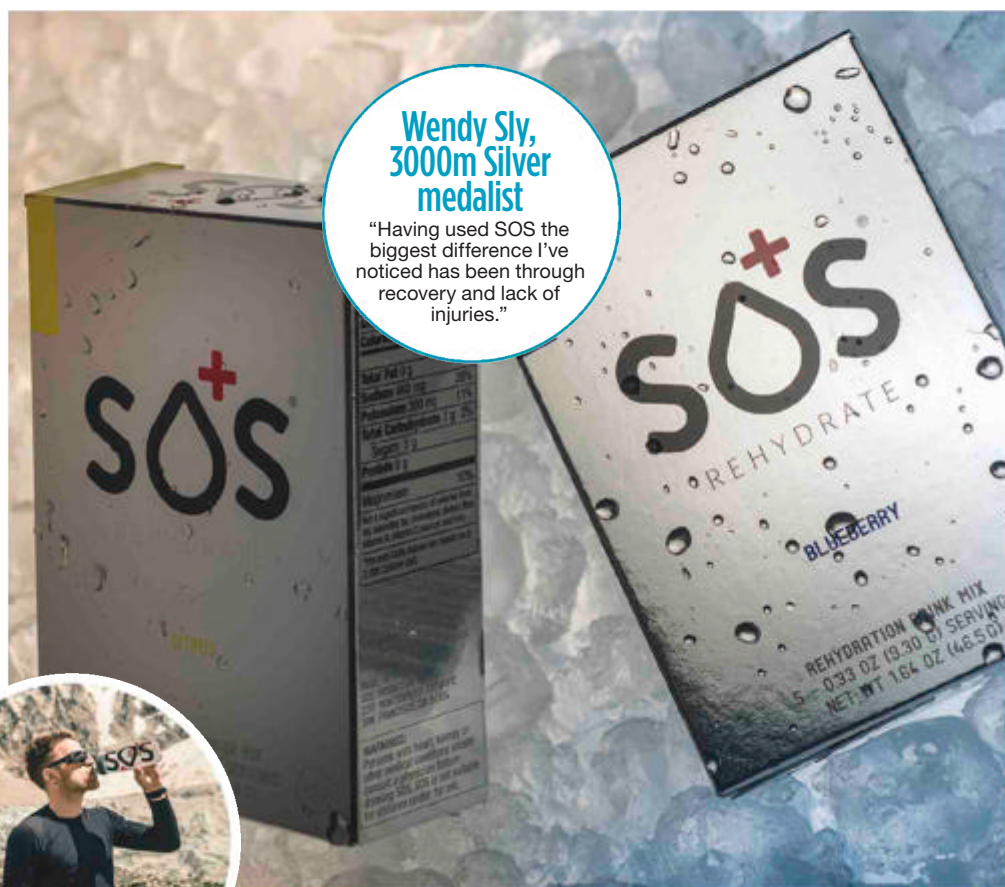
rehydration perspective, the lower the osmolarity, the better. SOS has 230mmol/L osmolarity, which means it is optimally absorbed.

### THE SCIENCE BIT

To be most effective, a drink **MUST** have both glucose and sodium and in the right balance. SOS's glucose/sodium composition can be compared to an IV drip. It works just as

**Wendy Sly,  
 3000m Silver  
 medalist**

"Having used SOS the biggest difference I've noticed has been through recovery and lack of injuries."



rapidly but is safer and cheaper than intravenous therapy at treating mild to moderate dehydration.

### WHEN SHOULD YOU USE IT?

SOS rehydrate is best used during long runs and/or hot conditions; or to get your hydration levels back in balance after periods of hard exercise and sweating or after a race.

As SOS is a hydration drink, it won't provide a source of carbs, so you'll need to find a way to replace glycogen to fuel your running.



### ALSO TESTED THIS MONTH



### DEXSHELL Coolvent Lite Sock

**£22.95** [www.dexshell.co.uk](http://www.dexshell.co.uk)

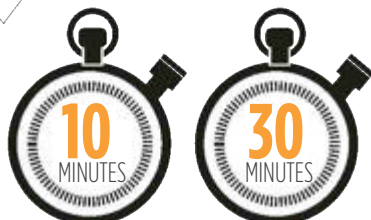
If you're a fan of running off-road but not a fan of wet, cold feet, then you'll love these socks from Dexshell. Waterproof and breathable with a lightweight anti-bacterial 'coolmax' inner layer, these socks are comfortable and perfect for a spring run when it's wet or muddy.





# RECIPE OF THE MONTH

## Runner's ratatouille with grilled sea bream and couscous



**PREP TIME** **COOK TIME**  
**Ingredients for 4**

### FOR THE FISH:

1 tbsp olive oil  
8 small fillets of sea bream  
1 lemon  
Lemon juice

### FOR THE RATATOUILLE:

4 tbsp olive oil  
2 onions, peeled and finely sliced  
1 large aubergine, chopped into 3cm chunks  
2 red peppers, deseeded and chopped into chunks  
2 courgettes, sliced into 3cm chunks  
4 cloves garlic, peeled and finely sliced  
1 red chilli, deseeded and finely sliced  
4 large beef tomatoes, chopped into 3cm

chunks, or a 400g tin chopped tomatoes  
2 tbsp tomato puree  
2 sprigs of thyme or 2 tsp herbes de provence  
A splash of balsamic vinegar

1 tsp sugar  
Plenty of freshly ground black pepper  
Sea salt  
Handful of pitted black olives (optional)  
Large handful fresh basil leaves, roughly torn

### FOR THE COUSCOUS:

250g couscous (wholemeal if you can get it)  
1 tsp salt  
1 tbsp olive oil  
½ tsp Moroccan spice mix

### METHOD

- 1 Preheat the oven to 180°C/gas mark 4.
- 2 Place the aubergine chunks in a colander and sprinkle with a couple of pinches of salt, shaking the colander so that the salt covers the aubergines all over. Leave for 30 minutes, and then wipe off the excess moisture with a piece of kitchen towel.
- 3 Heat 2 tbsp olive oil gently in a large saucepan. Add the aubergine chunks and gently brown. Set aside and repeat the process with the courgettes. Add another 2 tbsp of olive oil and gently sauté the onions with the herbs until soft and translucent, without letting them brown. Return the aubergines and courgettes to the pan, and then the red pepper, the garlic and the chilli, the vinegar, the sugar, a good grind of black pepper and a pinch of salt. Cook for a couple of minutes over a medium heat, then stir in the tomato puree and the chopped tomatoes. Cover, and cook gently for about 30 minutes until the vegetables are soft.
- 4 Stir in the black olives, if using, and check for seasoning. Add the basil leaves just before serving.

- 5 Meanwhile prepare the couscous – rinse in cold water and then place in a bowl with the salt and the olive oil.
- 6 Pour over 300ml boiling water and leave for five minutes (check pack for exact quantity of water and timings). When the couscous is ready, fluff it up gently with a fork, adding the Moroccan spice as you do so.
- 7 Heat the grill to hot. Slash the skin of the fish a couple of times with a sharp knife, brush both sides with a little lemon juice and olive oil and season generously with salt and pepper. Lay the fillets on the grill tray, skin side up. Place the tray under the grill and grill the fish for about five minutes, until the skin becomes nice and crisp. Move the grill tray to the oven and bake for another couple of minutes, until the fish is just cooked through.
- 8 Serve the fish on warmed plates on a bed of ratatouille, with a wedge of lemon to squeeze over the fish.



**Nutrition per serving (4)** Energy (kcal) 740 Protein (g) 51 Carbohydrate (g) 78 Fat (g) 27 Of which sugars (g) 15 Of which saturates (g) 4 Salt (g) 2 Fibre (g) 14



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**Why is it good for you?** Crammed with good quality protein and slow release carbs, as well as healthy unsaturated fats, high levels of potassium, fibre, and vitamin C, this tasty dish really is a nutritional powerhouse. Perfect to fuel a summer run, quick and easy to prepare, yet elegant for a dinner party! I'll often make the ratatouille in advance. If you can't get hold of sea bream, try it with any other fish, chicken or steak.

**Kate Percy** Athlete and cook, Kate is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at [www.gofasterfood.com](http://www.gofasterfood.com)



# MAGNESIUM THE MAGNIFICENT



Did you know that magnesium is the single most important mineral for **SPORTS NUTRITION**?  
Find out why you can't afford to miss out on its benefits

**WORDS** Andrew Thomas





**M**agnesium plays a fundamental role in optimal muscle contraction, skeletal strength, and helps sustain the high oxygen consumption necessary for athletic performance. Adequate magnesium levels will help your body against fatigue, heat exhaustion, blood sugar control, and metabolism.

#### MAINTAINING HEALTH AND PERFORMANCE

Despite magnesium's pivotal role in energy production, many runners remain unaware of its critical importance in maintaining health and performance. Magnesium deficiency reduces metabolic efficiency and increases oxygen consumption, all of which affect performance. Athletic endurance, speed and strength performance decrease significantly when the body is starved of sufficient levels of magnesium.

Growing advice given is to make a conscious effort to increase the proportion of magnesium-rich foods in your diet. Even a simple change like eating more whole grain products and boosting your intake of dark green vegetables, nuts and seeds can make an impact. But often that is not enough for a runner who loses magnesium much faster than the average person. Not only is magnesium lost through sweat, it is also lost through the exacerbated metabolism needed for athletic performance. None will experience this more than athletes who train for endurance or a combination of endurance and power, such as runners, triathletes and cyclists.

**“Adequate magnesium levels will help your body **against fatigue, heat exhaustion, blood sugar control, and metabolism**”**

Muscle cramps are a sign of magnesium deficiency

Most athletes are deficient in magnesium because of the role it plays in muscle function. The more you train, the more magnesium you use and need to replace.

#### MUSCLE DEVELOPMENT AND RECOVERY

The key role magnesium plays is its ability to allow muscles, stressed from exercise, to relax and repair naturally. At a cellular level, a muscle cell has magnesium within it and calcium around the outside. When the

muscle is required to perform, the cell is allowed to be flooded with calcium, and the muscle contracts. It is the magnesium's role to then expel the calcium and the muscle reverts to state of relaxation. Along with calcium, any toxins that enter the cell are also expelled and the cell is allowed to repair, ready to function again. If there is insufficient cellular magnesium then not all the calcium is effectively expelled and the cell is not able to fully relax. In this situation not all the potential toxins are expelled either and the cell struggles to repair. An inability to repair and relax is extremely problematic for runners and regular cramping is often the result. Muscle spasms and slow recovery times are regular signs and many runners will find disrupted sleep a common symptom.

The key to effective muscle recovery is effective metabolic clearance and a reduced inflammatory response, helping to clear blood lactate. The presence of sufficient cellular magnesium allows the body to naturally repair, while not interrupting the important adaptation process necessary for muscles to 'learn' from the session and the body to improve. Essentially, sufficient magnesium encourages a 'fast-tracked' but natural muscle recovery, ensuring you are better able to cope with the next session.

#### ENERGY AND MUSCLE EFFICIENCY

Magnesium is a fundamental part of the bio-chemical process of adenosine triphosphate (ATP). All cells require energy in order to work. There are two ways that they can get their energy. Normally, energy

#### TOP TIPS FOR RUNNERS

**EAT PLENTY** of magnesium rich foods such as whole grain bread and cereal, dark green vegetables, tofu, seaweed, nuts and seeds

**STAY CLEAR** of sugar based energy drinks

**INTRODUCE** magnesium supplementation into your daily

routine if your diet lacks natural sources

**REMEMBER** the importance of recovery; a magnesium soak allows the muscles to relax and repair naturally

**AND FINALLY, REMEMBER MAGNESIUM = RECOVERY.**

Increasing magnesium-rich foods such as nuts and seeds, can help boost recovery





Many supplements obtain their magnesium source through sea water evaporation



is supplied to cells by mitochondria (little organelles within cells), which supply energy in the form of ATP via a process called oxidative phosphorylation. This process requires oxygen, is really efficient and is the way in which most energy is produced.

The second way in which cells can get energy is through glycolysis (the process by which carbohydrates, in this case sugars, are broken down to produce ATP and pyruvic acid). From an evolutionary point of view, this is a very much more primitive way of supplying energy. It does not require oxygen, it just needs sugar. It is extremely inefficient and the result of glycolysis is the production of large amounts of lactic acid. Aerobic metabolism (requiring oxygen) via mitochondria, to anaerobic metabolism (glycolysis) results in a build-up of lactic acid. During strenuous exercise, such as sprinting, oxygen is used up faster than it can be delivered to the muscle cells. In this instance ATP is produced anaerobically, with pyruvate being used as an oxidant instead of oxygen. Pyruvate itself is converted to lactic acid. It is this build-up that causes pain, heaviness, exhaustion, and the sensation of deadened muscles. So, although it is tempting to reach for the sugary energy drink when you start to flag, you may want to think again.

It is important that sufficient magnesium is present in the body to ensure that oxygen is present within the cells. If mitochondria cannot supply sufficient

energy to cells, they'll switch into glycolysis and muscle efficiency will decline.

So a high carbohydrate diet could cause a disruption in long-term muscle efficiency. John Yudkin, founder of the nutrition department at the University of London's Queen Elizabeth College and author of *Pure, White and Deadly*, demonstrated that high levels of sugar in the blood were damaging to muscles, and that the body compensates for this by shutting down the blood supply to muscles when blood sugar levels are running too high. Whilst this protects muscles from damage by sugar, it restricts oxygen supply. If that muscle was asked to suddenly work quite hard, it would rapidly switch into glycolysis with production of lactic acid.

### SUB-OPTIMUM INTAKE

Dr. Lorrie Brilla, at Western Washington University, reported that magnesium, when supplemented, significantly increases free testosterone levels and muscle strength. In a separate study, young athletes who took 8mgs of magnesium per kg of body weight per day experienced significant increases in endurance performance and decreased oxygen consumption during standardised, sub-maximal exercise. Dr. Brilla reported that during an eight-week spring training programme, athletes had 2.5 times greater muscle strength gains than a placebo group.

### TRANSDERMAL MAGNESIUM THERAPY

Although magnesium is excellently obtained via rich dietary sources such as whole grains, tofu, seaweed and nuts, it is difficult to guarantee a regular and robust intake. For some runners with very high demands, supplementation is a good way to guarantee regular levels.

Supplementation can come in different forms; through the traditional digestive means (tablets and capsules), or through sprays. One of the most exciting developments in muscle recovery techniques is saturating the skin with magnesium. The magnesium used in transdermal magnesium therapy is in the form of magnesium chloride – the most naturally pure form of magnesium, that has been formed through the process of sea water evaporation. (This particular source is mined below ground, so does not contain man-made toxins found in sources from open water, subjected to environmental pollutants.) Magnesium chloride is exceptionally well absorbed through the

## NUTRIENT BOOSTER PRODUCTS

### Magnesium Oil original spray £12.20

A supersaturated magnesium source, absorbed directly into the skin tissue. Crucial for bone health, magnesium encourages the body to absorb calcium which could otherwise, over time result in a build-up on soft tissue and muscles, causing them to harden.

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### Magnesium Oil Sport Spray £12.20

This spray combines essential magnesium with camphor, black pepper and lemon oils to aid training and speed up recovery.

[www.hollandandbarrett.com](http://www.hollandandbarrett.com)



### Magnesium Flakes £9.95

When dissolved in a bath the solution feeds every cell and efficiently replaces magnesium lost through modern diet and pressured lifestyles, providing you with the most relaxing 20 minutes you will ever spend.

[www.hollandandbarrett.com](http://www.hollandandbarrett.com)



skin, and importantly, is the most soluble form of all the magnesium compounds – making it ideal to be used as a spray.

Trials by Cardiff University have shown the absorption is effectively constant and actually increases over time. Optimal absorption takes place when the skin reaches a level of 'saturation' after a few days of usage. A state of constant flow is then achieved and the positive effects of muscle application become virtually instant thereafter.

Magnesium can be applied either as a direct body spray (try BetterYou Magnesium Oil) rubbed directly into the muscle areas or as a magnesium-rich body or foot bath. In fact magnesium-rich baths are becoming a popular alternative to the old school ice baths. The theory being that instead of freezing the inflammation and numbing the pain, the lost mineral is replaced allowing the body the repair faster and more naturally.



Andrew Thomas is the founder and MD of BetterYou, a pioneering natural health company, specialising in the supplementation of the growing number of key nutrients. Andrew's accolades include the 'Micro-entrepreneur of the Year' award at The Community Development Finance Awards. Find out more at: [www.betteryou.com](http://www.betteryou.com)



# GOOD MORNING SUNSHINE!

If spring means anything it's lighter mornings and **EARLY-BIRD RUNS**. But if you're still hitting the snooze button, here's how to embrace the morning workout

WORDS Sarah Ivory

**T**here's a lot to love about 6am runs – you'll clock a workout before business gets in the way, get a healthy rush of endorphins and have that sublime 'I'm so smug that I ran while you were sleeping' feeling. These benefits are obvious. But the pay-off from early-bird workouts is much bigger than you think. One of the latest studies shows that a mere 20-30 minutes of morning sunlight synchronises the internal body clock, which jumpstarts metabolism and can increase weight loss.

Not convinced? Another pioneering piece of research published in the journal *Frontiers in Human Neuroscience* reports that exercise boosts divergent 'creative' and convergent 'problem-solving' thinking – that's not a bad benefit to have before dealing with brain-taxing issues at work.

"Morning exercise is a great way to kick-start your day," agrees Mark Wood, head of training at British Military Fitness. "Exercising in the morning will cause your body to release happy hormones. And it has even been proven to increase your productivity throughout the day by boosting your mental clarity for up to 10 hours!"

So is morning running the right training

strategy for you? We quizzed the experts for the benefits and best workouts.

## THE SLIM-DOWN EFFECT

In various studies, scientists have discovered that morning exercise may boast fat-loss perks. One study at the University of Glasgow reports that exercising before breakfast produces greater fat loss results than working out after eating. The scientists got a group of overweight men to complete a 60-minute treadmill workout both before and after eating breakfast. Results show that fat breakdown was greater than carb breakdown, and overall energy expenditure was more in the exercise before breakfast.

"People looking to lose weight will definitely benefit from morning workouts," agrees Wood. "Exercising at a low intensity first-thing in the morning will increase fat oxidation (fat burning), and training in a state where glycogen (the form carbs takes in the body) stores are down increases the body's ability to burn fat."

Sounds great, but if you keel over after a mile because you haven't had your porridge, this workout strategy quickly becomes rather ineffective. "It all depends

on the intensity of exercise," adds Ashton Turner, owner of Enhance Nutrition LDN. "A slow run before breakfast may burn more fat but, if you're pushing hard for a PB, you will need to use glycogen as a fuel source and running in a fasted state means your performance may suffer." The evidence for fat-loss workouts does suggest that slow-paced cardio in the morning boasts the best results. "From a hormonal level, cortisol, the stress hormone, is higher in the morning," explains Carl Martin, Equinox personal training manager. "Performing intervals and placing the body under a high amount of stress at a time when cortisol is elevated can lead to muscle breakdown – not good in the quest for fat loss."

High-intensity exercise, like interval running, however, is a great way to increase your metabolic rate, and help fat-loss whatever time of day you do it. "Increasing the metabolism requires the body to come away from homeostasis," explains Wood. "Short and sharp workouts performed first thing in the morning will send the body into Excess Post-Exercise Consumption, or the after-burn effect, and this increases metabolism for anything up to 48 hours afterwards." ➔



Working out before breakfast can benefit weight loss, but won't necessarily help to achieve a PB

**“20-30 minutes of morning sunlight synchronises the **internal body clock**, which jumpstarts metabolism and can increase weight loss”**



## 5 WAYS TO LEARN TO LOVE MORNING RUNS

### 1 PICK A SMART PLAYLIST

"Motivational music can really get you in the mood for a morning workout, so listen to something catchy and upbeat. Also try setting a pumping song as your alarm tone to get you ready and raring to go from the off."

**Glenn Kearney, head nutritionist at Etixx Sport Nutrition**

### 2 GO EASY (AT FIRST)

"Start with a small session and build on it. Many people's energy levels are very different in the morning to the evening, which means, if you push too hard too soon, you may end up injuring yourself. Let your body and mind get used to the early start and, as you get more comfortable with both the training and nutrition, push harder."

**Ashton Turner, owner of Enhance Nutrition LDN**

### 3 FIND A RUNNING BUDDY

"Training with a friend will make it easier to motivate yourself to do a morning run. Social workouts are often more inspiring and, when you're really not feeling like running hard, your jogging partner will (hopefully) encourage you to keep going."

**Alistair McNally, master trainer at David Lloyd Leisure**

### 4 MIX IT UP

"Whether you choose to do a treadmill class or cross-training session, try to vary your exercise. If you do different workouts and activities you'll keep your morning training fresh and avoid getting bored. Go for a run, commute cycle to work, do a yoga class – anything you like will work."

**Juan Pablo Garcia Lopez, trainer at Dolphin Fitness**

### 5 DON'T PUSH IT

"Pay attention to your body clock. If you're lucky to have some flexibility over when you can run, there's no need to force it. Wait until your body feels ready, which might mean running at 9am rather than the crack of dawn."

**Sandy Macaskil, instructor at Barry's Bootcamp**

Only got time for a morning run?

Fortunately, a smart nutrition plan means you can run hard in the morning and still reap all of the slim-down (and performance-boosting) rewards. "Food causes cortisol levels to drop," explains Lee Brooks, nutrition coach at Equinox. "In terms of nutrient delivery speed, solid food doesn't always process in time for an early run. While real food is often best, a good quality protein shake or even a Branched Chain Amino Acid (BCCA) drink will fuel the muscles quickly."

### THE PERFORMANCE SOLUTION

Training for a morning race? Interestingly, data in the *International Journal of Sports Medicine* shows that consistent training at a set time of day can lead to adaptations to the body's internal clock.

The take-home message:

training in the morning may encourage your body to perform better at that time of day. "Psychologically it may help," adds Turner. "It is best to practise for races in race conditions if possible. Therefore, if your race is in the morning, you want to do some of your training at this time of day so that you know what your energy levels are like. If you do this regularly, your body will adapt to getting up and getting going fairly quickly."

But there's a curveball – science suggests that competitive types shouldn't do all of their training in the early hours. According to data, a person's endurance, strength output, reaction time and aerobic capacity are slightly greater later in the day. Experts put this down to the body's temperature and hormone levels peaking in late afternoon (between 4 and 7pm), which primes it for high-intensity exercise.

"Performance and strength athletes will benefit more from training later in the day (after 4pm), as this is the best window of opportunity from a hormonal perspective," agrees Wood. "It also gives you plenty of time to get some energy in your body by eating food that can be used as fuel."

The good news is that these changes are said to be marginal, and experts are quick to add that it is possible to adjust to doing tough early-bird workouts. "It comes down to nutrition and personal preference," agrees Turner. "There is no reason why you couldn't do a fast run in the morning if you have woken up and fuelled yourself correctly. You will get much more out of your performance if you have the energy to really push yourself." The key to producing a mind-blowing performance is to wake up and have a small meal before starting your training session. "If you are going to do a run that is longer than 60 minutes, you need quick-releasing carbohydrate fuel like an isotonic drink or a banana," adds Eric Johnstone, nutritionist for MaxiNutrition. "If you are running for less than an hour, a glass of water may be enough – but try to have a carb-based meal the day before if you don't intend to eat before your workout."



### MAKE MORNING A SUCCESS!

Do you feel sluggish in the morning? "I think most people agree that runs performed soon after waking are the hardest sessions," warns Sandy Macaskil, instructor at treadmill studio Barry's Bootcamp

(barrysbootcamp.com). "Pretty much everything is working against you – you haven't eaten, your energy levels are down, your body temperature is low and your muscles are less responsive." The dilemma is this – while you may not feel energised enough to start running, going for a run will increase blood flow around your body, improve your mood, boost your mental ability and, ultimately, up your energy levels. "Start slowly," suggests Macaskil. "Your body isn't fully awake, so focus on your breathing and go easy for the first few minutes. You might not fall in love with the early start but this approach will help!"

Of course, there is also a health issue to take into consideration – your muscles are less pliable and joints less lubricated in the morning compared to later in the day, and this can potentially expose you to an elevated risk of injury. "Start your session with a brisk walk," advises Denise Kesson, co-founder of YourPhysioPlan.com. "The lubricating and shock-absorbing parts of your joints need time to 'warm up'; easing into exercise will allow your joints to move in a smooth and friction-free motion." As an added bonus, a pre-run walk will also gently raise your heart rate and gradually boost blood flow to muscles, which safely prepares your body for harder work.

Hurrah!



**"Performance and strength athletes will benefit more from training after 4pm, as this is the best window of opportunity from a hormonal perspective"**



**DID YOU KNOW?**

STUDIES SHOW THAT **EARLY MORNING EXERCISE** HAS A POSITIVE EFFECT ON BLOOD PRESSURE. IF YOUR BLOOD PRESSURE IS ON THE HIGH SIDE, **A MORNING RUN** COULD HAVE LONG-TERM BENEFITS ON YOUR HEALTH.

**DID YOU KNOW?**

AIR POLLUTION LEVELS ARE AT THEIR **LOWEST IN THE MORNING**. THE LEVELS RISE THROUGHOUT THE DAY AS MORE CARS ARE ON THE ROAD. RUNNING EARLY COULD **MINIMISE THE AMOUNT** OF FUMES YOU INHALE.

You might lack the energy for a morning run, but you will reap the benefits of it afterwards

**'I ADORE MY MORNING RUN!'**

These runners wouldn't swap their morning sessions for anything!



"Running in the morning is the perfect way to wake up. I have a fairly active social life and, if I miss a morning run and schedule it for the evening, I almost never stick to it. I don't



feel safe running alone when it's dark, so I head to Project Fit and do the indoor RUN class twice a week. The intense intervals and sprints push me harder than I'd ever push myself!"  
Kirsty Tennant, marketing assistant



"One of my favourite activities is to head to Virginia Water Lake on a cold and sunny Sunday morning. The five-mile lap flies by as I'm distracted by the mist rising on the water and the beautiful grounds. These are the reasons I run – the freedom, the fresh air and the kick-start to my day."  
Nicki Petitt, sports PR and fitness model

Naomi White, BOOM Cycle instructor



"I'm training for a marathon at the moment, so I have to get the runs in when I can – and the best time to do this is definitely in the morning. Doing my runs in the morning means I don't have the excuse of cancelling my run and missing out on the training. Plus, there's no one else on the roads at that time."

Grace Hooper, PR assistant





DR. YVETTE BRINDLE

# Do you have trouble sleeping?

Current estimates suggest that 30% of us **SUFFER WITH INSOMNIA** at some point. So what can you do if you're a sufferer, and can running too much make it worse?

**I**f you have trouble sleeping you are certainly not alone. Insomnia is an inability to obtain quality and refreshing sleep. This can take the form of difficulties falling asleep, remaining asleep, or both. Insomnia is under reported, but current estimates suggest at least 30 per cent of us suffer with it in some shape or form during our lives.

## WHY IS SLEEP IMPORTANT?

We all feel better after a quality night's sleep, but sleep is also the body's way of rejuvenating, restoring tissues and replenishing our energy levels. It helps clear the mind, allowing us to unwind and relax. It helps improve our emotional wellbeing and reduce anxiety, which in turn can improve our relationships with others. Sleep also helps the brain commit to new information, improving our cognitive function, which can have a positive effect on our work performance.

## WHAT DO WE MEAN BY INSOMNIA?

Insomnia affects us all differently, and so what can feel 'normal' for one person, may not be for the next. Sleep disturbances can take the form of:

- **Difficulty falling asleep**
- **Waking during the night**
- **Waking too early in the morning.**

A poor night's sleep, whether in duration or quality, causes us to feel fatigued, affects our concentration and can make us irritable.

## HOW MUCH SLEEP DO WE NEED?

Sleep requirements are individual but as a guide, most adults sleep for about seven to nine hours a night. Some of us need less than this; some more. Children have a much higher sleep requirement than adults.

The amount of sleep we need is also affected by our lifestyle. Having a physically tiring day can increase our sleep requirement, as can mental exhaustion.

## Classifying insomnia

**We can divide insomnia up into categories, based on duration of symptoms.**

### » TRANSIENT INSOMNIA

This is sleep disruption lasting for days only and is usually secondary to a change in lifestyle, such as shift-work, or jet lag.

### » SHORT-TERM OR ACUTE INSOMNIA

This is more prolonged sleep disruption, lasting a few weeks at a time. This may be triggered by an external influence such as stress or bereavement.

### » CHRONIC INSOMNIA

This type of insomnia occurs for at least a month, with sleep being disturbed on at least three nights per week. Sleep difficulty occurs despite adequate opportunity for sleep. This is what the experts consider as 'classical insomnia'.



Relaxation techniques, such as yoga, can help restore good sleep behaviour



## WHEN ALL ELSE FAILS

GPs will sometimes recommend a patient keeps a 'sleep diary' for a couple of weeks. This involves charting your sleep patterns along with your exercise, diet and work regimes. Although not strictly treating the problem, it can help some people find triggers for their insomnia.

Along with recommending sleep behaviour hygiene (opposite), your GP may also help by referring you for cognitive behavioural therapy (CBT). This can help avoid the negative thoughts and





Getting a good night's sleep is crucial to help restore tissues, replenish energy levels and help anxiety

behaviours that are affecting your sleep and there is good evidence that this is effective. It is also used as a treatment for anxiety and depression.

As well as therapies, relaxation techniques are also very important. These can take the form of massage, aromatherapy, meditation or even yoga. Complementary therapies, such as acupuncture and hypnotherapy, may also have a role.

Finally, there are medications that can help encourage sleep. However, as mentioned below, these aren't without their problems. The commonest prescribed medications are zopiclone (a 'z medicine') and temazepam (a benzodiazepine). These medications do not treat the underlying cause, and they are only used short-term, as they can be addictive. Therefore, many doctors are reluctant to prescribe them. There are circumstances, however, where they may have a place. They should be used with caution as they can leave a drowsy or 'hung-over' feeling the next day, which is especially important to recognise for those driving early morning.

There are also complementary and herbal medicines, which can be bought over the counter. How they work is less well understood, but there is evidence towards their effectiveness. These should be used in caution if you are on other medications, so I would always seek advice from a pharmacist first.

### FINALLY...

There is a lot of information and support available on insomnia. NHS websites, such as NHS Choices, are a good starting point as they are well resourced. However, if you have worries or concerns, then have a chat with your doctor.



**Dr. Yvette Brindle** is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

## MANAGING INSOMNIA

The NHS spends a staggering amount on sleeping pills. Seen by many as a 'last resort', millions of us turn to medication to try to fix the problem. Unfortunately, this short-term solution is not without its problems.

Experts agree, the best approach to managing insomnia is good 'sleep hygiene'. Sleep hygiene is essentially self-management; learning and developing strategies to tackle the problem.

**LIGHTING** It may go without saying, but a dark room is important to sleep. In the two to three hours before bedtime we should all try to avoid 'blue



light' given off by laptops, tablets and smartphones. These trigger the senses, which in turn stimulate the mind. Many experts would advise not watching TV in bed.

**TEMPERATURE** Bedrooms need to be well ventilated, quiet and a comfortable temperature. Switching your duvet over in summer to a lighter tog, such as a 4.5, may seem obvious, but many of us don't bother.

**EXERCISE** For us runners, this is about striking the right balance. Although we feel fatigued after a long run, strenuous exercise too late in the evening can make it more difficult to fall asleep.

**FOOD** Going to bed with a full tummy is good, but like exercise, too much can make it difficult to drop off. Stimulants such as caffeine, alcohol, chocolate and tobacco should be avoided in the

three to four hours running up to bedtime.



**ACTIVITIES** As with exercise, anything, which stimulates the body or mind before bed should be avoided. Carrying out work activities, making plans, or thinking about the next day is best avoided in the run up to bedtime. Banish pens and paper from bedside drawers.

**DEVELOP A ROUTINE** As boring as it sounds, aim to go to bed and get up at the same time each day, including weekends. The lazy Saturday morning lie-in, or late nights out at the weekend, can upset our natural rhythm, making drifting off on Sunday evenings troublesome.



# **FAST TRACK YOUR INJURY**

With the focus of an injury being taken up by physiological symptoms, we often neglect our **PSYCHOLOGICAL STATE**, when in fact our mind could unlock the secret to a speedy recovery

**WORDS** Emmie Collinge





Injuries, the bane of any runner's existence, crop up at the most inopportune moments, leaving us flailing to find a fix. But while the physiological symptoms are busy causing us pain, the psychological upheaval of an injury can often outweigh the physical battle. Despite knowing that a positive mental attitude is the fastest way through the labyrinthine psychological process, just how do we reach this state of Zen when we feel like the world is against us? Is there a fast-track option to recovery?

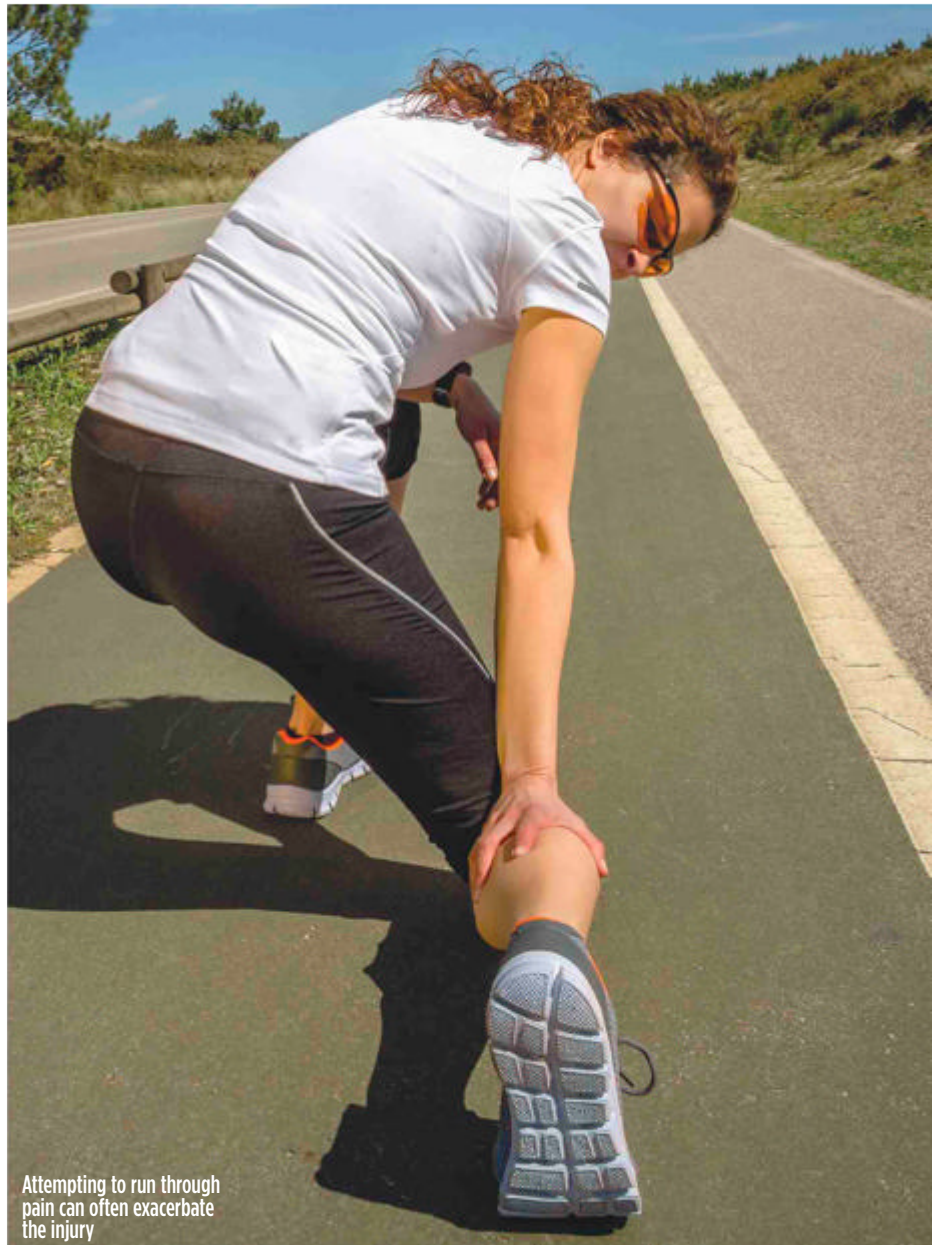
## JUST A NIGGLE

In less than a month you should be standing on the start-line of the race you've been targeting for months. But the ice-pack is on. Restless and frustrated, you cast out for reasons as to why you, specifically you, got injured – and why now? The word 'unfair' rears its head. And despite being fully aware of the triviality of the situation, you feel frustrated to the point of tears (although maybe that's just me).

The standard assumption among runners is that a bit of a discomfort is part and parcel of the sport we all love. And to a certain extent, that's true. We've opted for an activity that requires a high level of suffering, one that demands great physical exertion and one that puts a lot stress on our limbs. But once or twice, you might find your progress come to a grinding halt, and, quite frankly, it's heartbreaking. As my coach so succinctly put it: "An athlete will never want to not train."

Often damaging our bodies through overuse – although that's only apparent in retrospect – certain injuries manifest over time and we're loath to admit that 'something's not quite right'. This is a clear case of denial, the first psychological stage you'll encounter with an injury, and one that is crucial to overcome lest you exacerbate the issue. Paranoid about losing fitness and hoping that – as is the case with the majority of niggles – this one will resolve itself, we initially persist despite the discomfort. But how often do we lie to ourselves as we hobble along the line between discomfort and injury?

For decades the psychological effects of an injury have been held up alongside the five stages of grieving; namely denial, anger, bargaining, depression and acceptance, but recent research has narrowed sporting injuries down into an affective cycle with three stages: denial, distress and determined coping. As the name suggests, it's cyclical. Given our stubbornness to rest when our body is screaming in despair, combined with the frequent lack of a clear diagnosis, this up-and-down loop can seem endless.



Attempting to run through pain can often exacerbate the injury

## DENIAL "REFUSING OR NEGATING THE CONSEQUENCE OF AN INJURY"

Denial sees us wilfully continuing to train, attempting to run 'through' the pain, hoping that we'll get out what we put in. Sometimes, it just doesn't work like that.

Recognising and admitting you're overdue a rest can be one of the hardest decisions for a runner. Life-long runner and Run England coach Maddy Collinge explains: "Endurance running is very much about mind over matter. We like challenges and we want our running to be hard so when we're brought up short with something that hurts, it's very frustrating. So much of our life is built around the activity of running and the social contact that we have with our running friends, we miss them when we

can't join in with them."

For Maddy and many other runners, the acknowledgement of an injury means a loss of control. As tends to be the nature of endurance athletes, our unwillingness to miss out on the endorphins and the running group gossip sees us persist until our bodies rebel before there's little choice but to move into stage two. Now there's no denying that you're injured; welcome to the realm of 'distress'. According to Geoff Hill, experienced coach, former athlete and manager of Worthing's running store RUN, "that's when the real process begins." So just how do you keep positive through this labyrinthine rehabilitation process?





A visit to a sports physiotherapist is a good way to understand your injury



## Recent research has narrowed sporting injuries down into an affective cycle with three stages: **denial, distress and determined coping**

### **DISTRESS** “NEGATIVE EMOTIONS DERIVED FROM INJURY, SUCH AS ANXIETY, DEPRESSION, ANGER, FEAR, FEELING OF LOSS AND DISRUPTION OF SELF-CONCEPT”

Considered by many as the angels of recovery, sports masseurs and physiotherapists double as something akin to counsellors during this period. Patiently listening while they knead our muscles, we appeal to them not only for reassurance but also for answers. And as frustrating for us as it might be, they aren't always in a position to give us the solution. As a former GB endurance triathlete-turned-competitive cyclist, Bournemouth-based sports massage therapist Eamonn Deane understands our anguish. “I see a lot of frustration when injured athletes come to see me – and it's a combination of frustration that they've had to relent and come and see me, frustration that they can't rewind the clock six weeks, and frustration that it hasn't resolved itself. Naturally, as running involves an element of suffering, we do have a high pain threshold anyway and our stubbornness might mean we won't listen to reason.”

Once we're on the bed demanding an

imminent return date, how does Deane deal with patients? “I try to be as neutral as possible, addressing the injury and performing treatment. I make suggestions and do my best to encourage and support the athlete. My natural reaction is to help but I have to be cautious when giving a diagnosis or of giving conflicting advice to [that of] the coach who naturally knows them better – or worse, giving false hope.”

### **ON THE RECEIVING END**

Much more than training plans and interval timings, coaches are next on the receiving end of our shameless (and rather selfish) frustration, confirming what we want to hear and boosting our positivity. As the majority of coaches around the country are former athletes themselves, they know exactly what we're going through. Hill, my own coach and infinite source of wisdom, admits to mismanaging his own injuries earlier in his career and has learned that once you are reconciled to the fact that the recovery will take a while – a process which relieves tension in itself – you will recover far more quickly. “For the runner it's naturally difficult to look at it from another angle than the one they're currently in, so I take everything into account and encourage them to think positively. The

correct diagnosis is vital,” he stresses.

However, depending on the injury – and your financial means – the right diagnosis can often be a challenge to pin down. This can leave the athlete feeling helpless, and these feelings of distress can become harder to shake off. Sports psychologist Nathan Persaud agrees: “The bigger part of coping with the injury is related to the sense of isolation that athletes go through when they lose their role in the team situation. Particularly with drastic career-changing injuries, these athletes often suffer depression, as they're faced with the search for a new purpose.”

One fact that psychologists highlight is that the extent to which injured athletes progress to recovery is linked to their support network. In short: the more support you have, the higher the likelihood that you'll get through the distress phase quicker. Similarly, age and experience help too. And if you're a professional then you're also more likely to have a healthier and more long-term perspective on the timeout.

However, at a certain point, the athlete undergoes a colossal psychological evolution, shaking off the distress and tapping into renewed vigour. This change in outlook towards recovery leads us into stage three: determined coping.





Sometimes through injury, you can discover a love of a whole new sport

## DETERMINED COPING “WHEN AN ATHLETE HAS OVERCOME A PASSIVE ATTITUDE AND STARTS TO COPE WITH THE NEW SITUATION”

It's difficult to pin down exactly what sparks this change in our perspective. What turns our negativity into positivity? According to Deane, our own running ability is the strongest message that we're going to listen to. “I want the patient to feel empowered,” he explains, “choosing to cross-train and do strengthening exercises is their decision. Often we won't change anything if we're ordered to, so I encourage them to see these changes as the result of their own positive changes.”

Few athletes embody the term ‘determined coping’ as well as former endurance mountain biker turned world champion para-canoeist Anne Dickens. Dickens ruptured a disc in her back after a badly-positioned nap during a 24-hour race. The result was immediate surgery and six months of frustration, pain and sadness before she was able to drag herself out of the ‘rut’. “As a cyclist my whole life revolved around bikes; everything was entwined in the web of cycling,” she explained. “And as time went on I improved

a little and I kept trying unsuccessfully to ride my bike again, but my right leg just wasn't responding the same as my left. As my fitness ebbed away and my body refused to get better, sadness and self-pity gave way to anger and bitterness.” Open and forthcoming, Anne compares herself in the injured state to having been a “wounded animal on the defensive.”

After recognising that volunteering was a way back into the world she knew and loved, her mood lifted. “While I couldn't fix my damaged nerves, I could definitely help other people to reach their cycling goals,” she says enthusiastically. In her role as a Games Maker at London 2012 she came across the GB para-canoe coach who suggested she try out for the sport. After an initial snort of derision, she took up the offer. Given her athletic ability and drive, she rapidly took to the sport, going from a complete novice to GB number 1 and European and World gold medalist within a year. “I wouldn't have predicted that this was going to be my new sport,” she admits with a grin. “I didn't even like watersports before! If you are fixed on your journey and it goes wrong then you end up getting lost, but it's also possible to have an adventure that can head anywhere if you are open-minded about the route.”

## REFRAME AND LOOK AHEAD

As varied and complex as the injuries themselves, each athlete takes a different approach to dealing with their injured state. It's far easier to declare the need for a healthier outlook on the short-term anguish than it is to fulfil it, but by opting to look for a solution rather than mourn the temporary loss, the path to recovery will seem far less difficult. After accepting the situation and overcoming the distress, it's time to reframe the suffering. Strengthening exercises might seem boring, and physio appointments aren't always cheap, but it's time to put the ego to one side and focus on your recovery.

Armed with a strong support network, the noble temperament of a coach, the wisdom and strength of a physio – and the odd chance encounter with an alternative sport – our emergence from the psychological maze of injury can be vastly sped up. And, as Anne concludes: “If you always do what you've always done you will always get what you have always had. See the positives in this opportunity to change for the better. It's just a blip in the great scheme of things so don't look at what you are missing now, think of what you are getting the chance to improve on for next season.”





Our team of experts are on hand to answer your **RUNNING-RELATED QUESTIONS**, from training to nutrition, health to injury prevention

# ASK *the* EXPERTS:

## RUNNING WITHOUT GLUTEN

**Q** Thank you and all your team for putting out such a good magazine.

My wife has a gluten intolerance, which got me to thinking, is there a downside, from a runner's point of view, of going gluten-free? I'm sure there must be a lot of runners who would like or need to be gluten-free.

Can you recommend any good cook books, or diet plans?

**Terry Webb**



Be careful with gluten-free foods, as some can be unhealthy

**A** This is a great question, and very topical at the minute! It's always worth pointing out that the term gluten intolerance is distinctly different to the autoimmune disorder – Coeliac disease, which is characterised by severe reactions to the protein in gluten. 'Gluten intolerance' is perhaps more accurately termed 'non-celiac gluten sensitivity'. To answer your question specifically, there are no major downsides to going gluten-free if we are talking about health; i.e. going gluten-free doesn't mean you have to cut out any particularly important foods. However, depending on the rest of your diet, a large shift in the types of foods you choose could lead to reductions in various micronutrients. Many gluten-containing foods, such as cereals, are

fortified with important minerals; iron and zinc, for example. Therefore it is important that you ensure that your intake of these is adequate. Red meat, green leafy vegetables and nuts are other great natural sources of minerals.

Other than the above, the only other downsides are the increased effort (with perhaps no benefit) and the potential temptation to buy 'gluten-free products' that are actually not that healthy (and can be quite pricey).

### HEALTH BENEFITS OF GOING GLUTEN-FREE

Going gluten-free often has a beneficial effect on people's health completely independent of the reduction in gluten, simply because their dietary variety increases, portion sizes decrease and their consumption of refined carbohydrate products goes down. Much of the success of the

gluten-free movement has been due to these happy side effects, in my opinion.

On a side note, it would be remiss of me not to mention some new, interesting research in this area. A study published in the journal *Gastroenterology* looked at individuals with non-celiac gluten sensitivity and put them on a diet low in 'FODMAPS' which are fermentable carbohydrates that are now part of the mainstay advice for treating IBS. What they found was both amazing and surprising; patients placed on a low FODMAP diet had no gluten-specific side effects both at low and high doses.

If you do wish to go gluten-free, there is an abundance of cook books catering for this, but be sure to remember that a gluten-free recipe can still be unhealthy if the rest of the ingredients aren't good. Always check the labels and ingredient list.



## NUTRITION MARTIN MACDONALD

is a clinical performance nutritionist and founder of Mac-Nutrition, the UK's leading consultancy for nutrition advice. For more about Martin see his website:

[www.Martin-MacDonald.com](http://www.Martin-MacDonald.com) or follow him @MartinNutrition



Try lunges and squats for some resistance work that doesn't require a gym membership



## IS IT TIME FOR SOME RESISTANCE TRAINING?

**Q** I have been taking my running seriously for around 10 years. I am not especially competitive, but I do enjoy marathons and trail running. I have a very slim build with little muscle. But as I am getting older (I'm now 55), I think I should try to work on building some muscle for my running, but I am not interested in lifting weights or going to the gym. I've never done that sort of thing as I much prefer to just go out and run. Is it worth me doing something to build up my muscles? Something like push ups, squats and sit ups? Or will that not be that beneficial? Finally how should I start?

Many thanks for your help!

**Simon, Worthing**



### **RUN COACH** **SARAH RUSSELL**

Sarah is consultant editor of *Running Fitness*, has a Masters degree in sport science and 22 years experience as a coach, writer and athlete. She is a qualified England Athletics coach, mentor and presenter.

Follow her on Twitter @runfitsarah

**A** We should all be doing some sort of resistance training and for most runners, body weight exercises at home will be enough, certainly to begin with. So your thoughts about doing push ups, etc are actually spot on! Resistance training is vital for runners to build muscle strength, endurance; it helps prevent injury and improves performance. But very few runners do it! I think runners are nervous about

building muscle in case it slows them down; they worry about getting injured or they just don't know where to start. For some it's just easier (and more fun!) to go out for another run, or they simply don't have time for it.

#### **SO WHERE TO BEGIN?**

Think of 'resistance training' as part of your running jigsaw puzzle. A part of the programme to keep you fit, injury-free and strong. You might not find it that exciting, but it's worth sticking with it as it'll make a big difference. First of all it's important

that whatever you do, you have good technique and correct form with your exercises. So it might be worth having a one-on-one with a personal trainer or coach to ensure you're doing the exercises correctly and you're not going to injure yourself.

Secondly, body weight exercises such as press ups, squats, lunges, etc at home will be a great start and very beneficial. Get some professional advice from a trainer and ask them to put a programme together for you.

As for what to do, even small amounts of strength training will be

effective, so build up slowly and see how you get on. To begin with, try two sessions per week of 20-30 minutes and build up from there. Try a mixture of upper and lower body exercises such as lunges, step ups, squats, press ups, crunches, etc. Start with 12-15 reps for two to three sets and rotate the exercises in a 'circuit'. In time you could also try using a suspension trainer (such as a TRX), dumbbells, medicine ball or a kettle bell to add resistance to your workout. Have a look at *The Pop up Gym* by Jon Denoris for some great ideas.



Using a mantra during a run could boost your performance and motivation

## MENTAL TRAINING

**Q** I've dabbled with jogging on and off for a few years, until last year when I started running regularly. My confidence is growing and I'm really starting to enjoy entering local races and team events with new running friends. But I've noticed that I really struggle when I'm about halfway through every run – whether in training or a race. I keep thinking of how tired I feel, I get distracted by other runners, and it really affects my performance. I have heard athletes talking in the news about using 'mantras' to help them get through a tough session, or a tough part of a race. So I was wondering how they work? And how do I train myself to be able to use a mantra when I need it?

Hoping you can help me.

**Thanks, Richard Wiseman**

**A** It's great that you have made running part of your lifestyle. And I'm glad you asked about mantras, as they can be really affective. Originating from Hindi and Buddhist traditions, mantras developed in the form of chanting, breathing, and through meditation. They were said to provide mental, physical and spiritual healing. Today, you could say the same applies, as many athletes/runners use a short mantra to help them perform, cope with pressure and stay on track. Mantras are usually two or three

short words or a phrase (inspirational, powerful) that you repeat as and when you need to. They can help you to jump start your motivation, help you focus inwardly on your breathing and rhythm instead of on outside distractions, or just simply help you feel less anxious and much calmer. As a result, your confidence grows along with your performance. They can help you stay in the zone when you start to feel pain and fatigue during a run/race. Mantras are a way of reassuring yourself that 'everything will be alright, and that you can do this!'

### CHOOSING YOUR MANTA

So, create a mantra that works for

you. Some runners use a phrase that links them to a positive memory, or words that affect their emotions. Sit down with a blank piece of paper, then think about words/people/events that instantly motivate and inspire you (or which touch your emotions) and just write. Then choose three words, or create a phrase from your list that feels powerful, inspirational and motivational. And check online for examples of runners' mantras.

A mantra has to feel instinctively right for you to 'stick'. You might need a mantra that helps you feel less pressured, or one that helps you appreciate running, or one that simply inspires you. Avoid using words and

phrases that state negative words (but in a positive way) such as 'I'm not tired', 'fatigue is mental', 'I'm not slow'.

Note that mantras don't work for everyone, but it's worth creating one and finding out for yourself, you might just be surprised!

**TRY A MANTRA:**  
**Fit, strong, confident**  
**Because I can**  
**I can do this**  
**Never give up**  
**I'm a fighter.**

Then repeat your mantra whenever, and wherever you can.



## PSYCHOLOGY

### EVIE SERVENTI

is deputy editor at *Running Fitness* magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind  
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Only return to your running when you feel fit and well

## CAN YOU RUN ON ANTIBIOTICS?

**Q** I've recently been given antibiotics from my GP for an infected cut on my hand. I feel OK now although my hand is still sore, but I feel well enough to run. However, I still have a few days to go on the course of antibiotics. Is it safe to run whilst taking antibiotics?

**Thanks Janet, Sheffield**

**A** Thanks for your question Janet. Taking a new medication, such as an antibiotic, can often give us uncertainty over the things we should and shouldn't be doing whilst taking it. It is always good to seek advice if you are unsure. Nasty bacterial infections of any body part can leave you feeling under the weather, feverish and with generalised aches and pains. Antibiotics usually start to take effect quickly, and after 48 hours of treatment, often we start to feel better. As a rule of thumb, if you feel well enough to exercise, then you are probably fine to do so. However, there are some things worth considering:

- Firstly, drink plenty of fluid. When your body is fighting off an infection of any sort, your fluid requirements increase. As you will lose more water through running, make sure you keep hydrated and have plenty to drink after your run. Antibiotics can sometimes cause diarrhoea. If this happens, be especially vigilant with your fluid intake.

- Secondly, keep open wounds covered up, clean and dry. Protect your hands with gloves when running, especially if the weather is cold. Take paracetamol if you need to ease the throbbing pain.

- Finally, don't push yourself too hard. Your body is healing, and the antibiotics are helping the process. Don't go too hard on yourself if you feel you aren't running at your best.

A week's course of antibiotic is

usually enough for infected wounds, but sometimes the course needs extending. If your cut isn't healing despite this, then either have a chat to your pharmacist or arrange a further review with your GP.

On a final note, it is worth mentioning that people can be on antibiotics for lots of different reasons. Chest infections are a common reason we prescribe antibiotics, and continuing running whilst you are unwell with this is certainly not advisable. Your body will need some rest and recuperation in this instance, and pushing yourself to train could set your recovery back.

Again, be guided by how you feel, and return to your running when you are fit and ready.

I hope this helps.



## HEALTH DR. YVETTE BRINDLE

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.



**DO YOU HAVE A QUESTION?** Email the team at [rf.ed@kelsey.co.uk](mailto:rf.ed@kelsey.co.uk)  
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# JODIE WILLIAMS

British sprinter and **COMMONWEALTH MEDALLIST** Jodie Williams shares her training plan, her tips for improving running style, and the story behind her Miss Money Legs nickname

WORDS Rebecca Gibbs

## When did you realise you were good at running?

I actually discovered this hidden talent when I took part in a race at primary school and ended up beating everyone else by about 50 metres which gave me an inkling that I might be quite good at running [laughs]. I went down to my local club when I was about 11 after my PE teacher recommended it and that's where it all began.

## Do you come from a sporty family?

Yes I do, both my parents are rather sporty. I think my Mum likes to pretend she was really good at running when she was younger, but I'm not sure I believe her [laughs]. But my Dad has always been brilliant, playing everything under the sun and so sport was a big part of my childhood.

## You're now 21. What was the biggest change when you moved from competing at junior level to adult level?

I think the biggest difference is that everyone is on a level playing field in the adult races, whereas at junior events you have older girls competing against much younger girls, with everyone at different stages of training. Another key difference between the two however is how mentally strong you have to be when you get to adult races, however with juniors it is more about who has the physical strength from their training.

**Your medal collection includes Silvers for the 200 metres at the 2014 championship in the Commonwealth Games and Gold for the 4 x100 metres relay at Zürich. Has**

## there been a specific standout race for you so far?

I think it would have to be my Commonwealth Silver, it was my first senior medal and it was in front of a home crowd – the most amazing experience I've ever had. I got my medal with Bianca [Williams – British 100/200m sprinter] as well and as she's a very close friend of mine, it was lovely to be able to share that moment with her – we even got to do our lap of honour together.

## What do you think about or focus on in the lead up to a race?

Just try and get to the finish-line first I guess! [laughs]. I actually try not to think about the race too much, I don't like to know who is going to be in my race, just what time I need to turn up and where the race is. When arriving at the track I zone out as much as possible as I do think people overthink things before a race. At the end of the day it's going to be down to whoever has the best day.

## Your motto and tattoo is 'Pain is Temporary, Victory is Forever'. Why did you choose those words?

I actually got this tattoo done when I was going through a rough patch; I'd been injured quite a lot and felt as though it would never end. The words inspired me to get through that time and remember all the good times and the victories I have enjoyed. Those words are with me always, drove me to achieve and they really do ring true.

## Who gave you the nickname Miss Money Legs?

One of my friends at secondary school used to call my legs the 'Money Makers' and it became our little private joke. I can't remember who I told this story to, but I mentioned it in an interview once and since then it has evolved into them becoming the 'Money Legs'. Since then it has gotten bigger and bigger, now 'Miss Money Legs' but the original was the 'Money Makers'.

## How do you split your training? How much time do you spend in the track vs the gym?

I go to the gym four times a week and visit the track six times a week. Mondays, Tuesdays, Thursdays and Fridays are my double days. I usually spend two hours in the gym on those days, followed by two hours on the track. I split my track sessions into major lifting days, so my major lifts are squats and then move up to the upper body. I also do a lot of conditioning exercises. On my 'single session' days, I spend three to four hours on the track. So I do tend to try and split my training equally between both disciplines.



Jodie at Zurich in 2014, earning a well-deserved lap of honour

**“The key to keeping fit is actually having fun, if you don't enjoy what you do, you're not going to keep it up”**





**ESSENTIAL  
INFO**

Jodie caught the running bug at the age of 11, at 21 she has a tattoo saying 'Pain is Temporary, Victory is Forever' and a Commonwealth Silver medal

IMAGE: BEN DUFFY AND MARK SHEARMAN (LEFT)

On her single session training days, Jodie spends three to four hours on track



### How do you motivate yourself to train on a cold day when you'd rather be in bed?

For me all I have to think is that somewhere in the world my competitor is getting out of bed and is on the track. Most of them live in America or Jamaica, so weather-wise they don't have the struggles that I do here, but obviously all of us are here to win those medals and if I'm not going to put the hours in, that's only going to work in their advantage.

### If you hadn't specialised as a sprinter, is there any other athletic discipline you might have taken up?

I'm convinced that I'm a heptathlete at

heart, I'm actually really good friends with Katarina Johnson-Thompson and we always joke about this.

### Which other athletes inspire you?

I'm really inspired by Allyson Felix [American track and field sprint athlete]; she's been my idol since I was a little girl and have always looked up to her. She's so elegant and well-spoken and I think she's really inspirational.

### What footwear do you train in and what footwear do you compete in?

I train in adidas Ultra BOOST footwear - they give me great support and are like having two pillows on your feet, which is an added bonus. I compete in my adidas Accelerator Spikes.

### Do you have any tips for keeping fit and improving one's running style?

I think the key to keeping fit is actually having fun, if you don't enjoy what you do, you're not going to keep it up. The only way to keep fit is by doing it regularly. You don't need to go overboard but if you're doing it three times a week, then you're going to be keeping your fitness to a decent level.

To improve your running style, I would

just focus on exactly what you're doing and how. It's actually quite helpful to look in a mirror and see your technique for yourself, as what you think you are doing and what you are actually doing can be two completely different things. Even as a professional athlete I think that I'm doing one thing and my coach is telling me I'm doing the opposite. Alternatively, get someone to film you running and you can see for yourself.

### What is your favourite warm-up music?

In warm-up I listen to quite intensive music such as rap and hip hop - it really gets me geared up and going.

### What is your favourite...

#### ...non sporting item of clothing

I have a favourite coat, with long leather sleeves and drapes at the front; I absolutely love it.

#### ...way to relax

Probably either going on walks with my dog or retail therapy

#### ...pizza topping?

It's really boring, it's got to be pepperoni or any kind of meat (apart from chicken - I don't like chicken on pizzas), but if I had to go for meat, I'd go for pepperoni every time.



If she hadn't specialised in sprinting, Jodie would have been a heptathlete

**Running Fitness** caught up with Jodie Williams at Lee Valley Athletics Track where she trains. Jodie wears the adidas Ultra BOOST footwear which combines adidas' unique BOOST technology and an adaptive Primeknit upper to offer the greatest run ever. Available now at [adidas.co.uk](http://adidas.co.uk) for £130.





GEORGE F WINTER

# Novice running-related injuries

Picking up a **RUNNING-RELATED INJURY** can be discouraging, especially to novices. George examines the risk factors

**T**he well-known health benefits of running have prompted many initiatives to encourage people to get active. For example, a training programme by NHS Choices aims to get people off the couch and running 5k after completing a nine-week schedule. But despite the huge health gains to be had from running, one of the obstacles that most runners – especially novices – must negotiate at some point is how to cope with a running-related injury (RRI).

## INJURY RISK FACTORS

**Intrinsic:** e.g. gender, age and body-mass index (BMI)

**Extrinsic:** e.g. running shoes, running surface, training regime.

Given that RRIs are one of the factors that account for people giving up running, preventing their development in novice runners is a worthwhile aim, both from individual and public health viewpoints.

In the Netherlands, a research group from the University of Groningen's Center for Sports Medicine undertook a study to identify the incidence of RRIs and the risk factors for their development in novice runners. In 2013, 1696 (of the 7660) novice runners aged between 18 and 65 years who had signed up for the Dutch Athletics



Typical RRIs in novice runners are reported to be injuries in the knees and lower legs

Federation's 'Start to Run' six-week running course participated in the university's study. The course's aim was to enable participants to run for 20 minutes without stopping, and it consisted of two training sessions per week, plus an optional third session. Participants kept detailed running logs, and an RRI was defined as "a musculo-skeletal complaint of the lower extremity or back that the participant attributed to running and hampered running ability for three consecutive sessions."

The results of the study – recently published in the *Scandinavian Journal of*

*Medicine & Science in Sports* – showed that over the six-week course, 185 runners (10.9 per cent) sustained a RRI, with most injuries occurring over the first three weeks. This compares with previous studies which reported incidence rates among runners of between 16 per cent and 53.5 per cent.

The strongest risk factors for acquiring a RRI were no previous running history and having previous musculo-skeletal complaints. Because nothing can be done about these risk factors as far as novice runners are concerned, the authors state that it is important to identify such runners beforehand: "these runners can be informed about early signs of RRI. It is important that these runners are intensively guided during a running programme, particularly during the first three weeks."

As far as injury distribution was concerned, 38.4 per cent were knee injuries, followed by the calf (20 per cent), shin (13 per cent) and Achilles tendon (13 per cent). The authors noted that "[t]his is in line with previous research amongst novice runners in which most injuries were reported in the knee and lower leg."

Of particular concern is the fact that more than 70 per cent of those runners who acquired a RRI over the course of the study gave this as a reason to quit running.

So if you're a beginner, the message from Dr. Kluitenberg is: "For now, novice runners are advised to slowly increase weekly running volume, preferably by no more than 10 per cent each week, and to listen to their body carefully."



**Over 70% of runners who acquired a RRI during the study gave this as a reason to quit running**

## Risk factors among novice runners

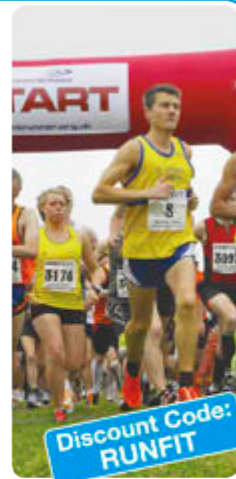
- » BEING OLDER
- » HAVING A HIGHER BMI
- » PREVIOUS MUSCULO-SKELETAL COMPLAINTS NOT ASSOCIATED WITH SPORTS
- » NO PREVIOUS RUNNING EXPERIENCE.

Commenting on this, lead author of the study, Dr. Bas Kluitenberg told *Running Fitness*: "Runners with this increased risk profile should therefore be extra cautious when starting a new running

regime. At the moment, we don't know the best training schedule for runners with an increased risk profile. And this is something that future research should look to reveal." You have been warned.



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# ***THE RISE OF THE*** **ULTRA**

If the thought of **AN ULTRA-MARATHON** has you running for the hills, then think again. An ultra is much more achievable than you might realise

**WORDS** Sarah Russell **Image courtesy** of [www.racetothestones.com](http://www.racetothestones.com)





**Ultra-marathon**

(n.) Also called ultra distance, an ultra-marathon is any sporting event involving running and walking longer than the traditional marathon length of 42.195 kilometres (26.219 miles)

**“T**here has been an exponential growth in ultra running over the last few years,” explains Hugo Pettit, Threshold Sports and

organiser of Race to the Stones. “When we first launched Race to the Stones in 2012, we had 400 entrants. In 2015 we’re looking forward to around 2220 entries, and what has surprised us the most, is that the greatest number of people opt to tackle the 100k non-stop option.”

And statistics from the US back up that ultra running is becoming a global phenomenon. According to research from *UltraRunning* magazine, the number of runners completing an ultra in North America alone rose from 15,500 in 1998 to 63,530 in 2012.

Marc Laithwaite, Endurance Coach and organiser of the Montane Lakeland 50 and 100 ([www.lakeland100.com](http://www.lakeland100.com)) has also experienced this growth on an epic scale. “In the first year of the Lakeland 100, we had 30 people. It was initially set up for a group of friends and we never expected to see such growth. We’ve now got 1200 runners lined up for this year and entries sold out in 15 minutes!”

And personally I’m not surprised. I first did the Lakeland 50 in 2009 and knew then that it would become an epic race. The beauty and toughness of the Lake District fells combined with the friendly atmosphere, stunning route and impeccable organisation makes it one of the best ultras in the UK.

**SO WHAT’S BEHIND THIS RISE?**

“People don’t want a marathon anymore,” explains Hugo, “they want a life experience. And that’s exactly what an ultra distance event will give them. To put it simply: ultras are different and very, very special. Ask anyone who’s done one. You can forget clock watching and PBs. Ultras are more simplistic and innate. They’re about participation, self-achievement and finding out just how far your body (and mind) can go. They’re about a connection with nature and an understanding of the beauty of the countryside and your fellow runners.

Perhaps the desire for this self-discovery is a reflection on our crazy lives. In the face of stress, we seek out something simple and innate that will provide a great sense of achievement. Once you’ve done an ultra you’ll understand.

Ultra runners are different too. You rarely see them boasting about their training runs, times or races. They’re more modest and simply doing it for the journey and for themselves. And because the focus is so much more on ‘completion’ rather than

**Physiologically if you can run a marathon, you can run an ultra. After that, success comes down to three things: pace, nutrition and mental toughness**



There's a different atmosphere at an ultra race

## MARC'S TRAINING TIPS

**1 BUILD UP YOUR LONG RUN** but don't go the full distance in training. It'll be uncharted territory and can vary from person to person, but for a 50-mile run, you should aim to get to around 30

miles in training. Train to walk as well as run, and run slowly!

**2 YOUR PACE WILL BE DIFFERENT IN AN ULTRA** and it's really hard to slow down if you're coming up from marathon distance. You'll have a 'natural pace' which you're locked into, and you need to try to adjust that. You won't be able to run an ultra at your 'marathon' pace, so you'll need to get your head

around running slower.

**3 YOU NEED TO TRAIN TO WALK AS WELL AS RUN.** In fact ultra runners SHOULD be walking, especially on hills. You need to train to keep your heart rate down. Using the Maffetone Method can be useful (180 - age) just to keep a cap on your heart rate. It's important to walk to conserve energy and your legs.

**4 TRY OUT YOUR KIT IN ADVANCE.** Carry a backpack with water and get used to running with it in training. Having a pack which rubs could end your race.

**5 DON'T SET TARGET TIMES.** In an ultra there are a lot of fluctuations in pace and energy. You'll go through good and bad patches, so there's no point setting check point or pace

targets. It gets demoralising if you're behind target. That can be enough for some people to drop out. In fact people who set target times, then fail to make them, are often the ones who pull out. In the race just go with flow, stay in the 'here and now' and deal with it mile by mile.



Test out your bag before the race; the Salomon S-Lab Sense Ultra Set is great for carrying water



Forget PBs and finish times, ultras are all about participation and a raw connection with nature

## HUGO'S TOP TIPS

» Get used to walking, as well as running slowly. You'll walk more than you ever think! Train with a walk run method, or do a long run and then walk afterwards.

» Train with your nutrition and get used to eating more solid food. Get your body used to eating and drinking on the run.

» Find your 'forever' pace, the pace where you can keep going and going! Know what this feels like and get used to training at it. Put yourself in a low gear and just keep going.

» One of the biggest reasons people drop out of Race to the Stones is blisters and sore feet. Take care of your feet before the race but make sure your socks and shoes don't give you blisters. Have a way of treating them in the race if you get problems.

### INSPIRED TO TAKE PART IN AN ULTRA RACE?

Share your photos and stories on our facebook page or tweet us



consume some solid calories.

### HOW IS IT POSSIBLE?

If you've ever collapsed exhausted over the finish-line of half or full marathon, you might wonder how you could run another step, let alone another mile or 20. "But that's just it," explains Marc Laithwaite, "with ultras, all you have to do is slow down. It's really hard to understand – especially for marathon runners – but you have to train to walk and just run really slowly. Keep your heart-rate down and just keep going for a long, long time."

And that's what's different to marathons. With ultras, you need to conserve energy. So you walk up hills, have planned walk breaks and spend more time eating and drinking at check points and water stations. It's not rocket science and ultra runners aren't super human. They're just good at running slowly! Physiologically if you can run a marathon, you can run an ultra. After that, success comes down to three things: pace, nutrition and mental toughness.

### GO TO THE EXTREME

Of course ultra distances vary enormously. There are some crazy extreme events out there, which will take you to your limit and beyond. Ultra runner Mimi Anderson ([www.marvellousmimi.com](http://www.marvellousmimi.com)) holds three World Records and has participated in some of the Worlds toughest ultras. "One of my favourite events is the 6633 Extreme Ultra Marathon in the Arctic (352 miles self

sufficiency race). It was -40 degrees and racing in a cold environment brought new challenges. Regulating body temperature, managing sleep deprivation and trying to consume at least 4000 calories a day was tough."

In these extreme ultras, the distance is only a small part of the challenge. Multi-stage, self supported events (where you have to carry all your food and equipment for the whole race) in the jungle, the Arctic or across the desert all bring added complications, logistics and planning. But the rewards are even greater. "In the 6633, I was spoiled with the most glorious display of the Northern Lights," remembers Mimi. "A sight I will never forget."

But you don't have to run an 'extreme' ultra just yet, there are many 'baby' ultras right on your doorstep starting at 30-40 miles which are perfectly achievable.

"A 50-mile ultra is a massive challenge," explains Marc, "but it's still do-able. If you commit to some training, most people can do it. A 100-miler is different. There will only be a certain amount of people who will be able to do that sort of distance non-stop. We have a 50 per cent drop-out rate in the Lakeland 100, but in the 50, most people will finish it."

### FANCY AN ULTRA?

So if you fancy an ultra, find a race that's achievable, but also something that lights a fire under you. Something that's exciting! "If I had one piece of advice to give a new ultra runner," concludes Mimi, "it would be to choose a race that really inspires you. It'll make getting out to train so much easier."



Have a look at [www.ultramarathonrunning.com](http://www.ultramarathonrunning.com) and our pick of some great 'beginner' ultras on page 82.



Mimi Anderson is no stranger to ultra distances

'competition', when you're in the race itself, you're more likely to find a friendly face drop in pace alongside, offering advice, support and encouragement, rather than elbow you out of the way to the finish-line.

Ultra races tend to be on trail, usually with a (relatively) small field of runners, with great views and have a well thought-out route. And did we mention the food? In ultras, you run more slowly, so you can (and need to) eat more solid food. And organisers usually go out of their way to provide an array of pasta, smoothies, cakes, biscuits and tea. It's hard to imagine being able to 'eat and run' if you're not used to it, but when you're going for 10-15 hours or more, you'll need to



# ULTRA TOUGH KIT

Thinking of running an ultra? Here's **OUR ROUND-UP** of the essential kit you'll need



» **BROOKS WOMEN'S RACE DAY SINGLET £18**

Simple, lightweight singlet in a highly technical fabric with a cutaway racer back; perfect for a long hot day.  
[www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)



» **ZEPHYR FIRE 100 HAND TORCH £44.99**

This handy little 'wrist mounted' flashlight is a good alternative to a headtorch. With 113 lumens, it's bright enough to use on the trail and has a rear-facing red LED which gives you visibility from the back too. Comes equipped with an adjustable hand strap.  
[www.nathansports.com](http://www.nathansports.com)



» **NATHAN VAPOUR SHADOW RACE VEST £145**

Female-specific design. High capacity with a 2l bladder and space for extra bottles and kit. Loads of pockets and packed with features.  
[www.nathansports.com](http://www.nathansports.com)

» **CEP RUN II COMPRESSION SOCKS £39.99**

Ultra runners swear by compression socks for muscle support, recovery and increased blood flow. And the Run II sock from CEP is one of the best.  
[www.cepsports.co.uk](http://www.cepsports.co.uk)



» **BROOKS CASCADIA 10 £105**

We love this all-rounder from Brooks, now on its 10th version. Perfect for an ultra with both trail and road sections. Great cushioning and enough grip to handle almost any terrain.  
[www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)



» **GORE X-RUN ULTRA SHORTS £74.99**

Technical material and great features to offer total comfort for long distance running – fixed inner tights and light outer tight layer over the top for a more relaxed look.  
[www.goreapparel.co.uk](http://www.goreapparel.co.uk)







» **SALOMON XA CAP II £21**  
Lightweight trail running cap with a removable bandana to protect your neck when the sun is beating down.  
[www.salomon.com/uk](http://www.salomon.com/uk)



» **GORE X-RUN ULTRA SHIRT £74.99**  
Lightweight and technical shirt for the long distance runner. Highly functional fabric for optimal ventilation; short front zip, and also has storage for nutrition in the back.  
[www.goreapparel.co.uk](http://www.goreapparel.co.uk)

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[www.epson.co.uk/runsense](http://www.epson.co.uk/runsense)



» **2XU MID RISE COMPRESSION TIGHTS £75**  
Female fit with a higher waist and more subtle styling. Graduated compression supports your muscles and improves performance.  
[www.2xu.co.uk](http://www.2xu.co.uk)

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**ED'S PICK OF  
THE MONTH**



» **COMPEED BLISTER PLASTERS £4.25 (PACK OF FIVE PLASTERS)**  
Every ultra runner should carry Compeed blister plasters. Used by the army, they are the ultimate 'instant rescue' for a painful blister and could prevent a blister-related DNF.  
[www.compeed.co.uk](http://www.compeed.co.uk)

» **DARN TOUGH BERMUDA STRIPE 1/4 SOCK LIGHT CUSHION £15.10**  
New to the UK direct from Vermont, Darn Tough running socks offer a great blend of cushioning, breathability and natural comfort in a range of lovely colours. Made from merino wool, they also come with a lifetime guarantee.  
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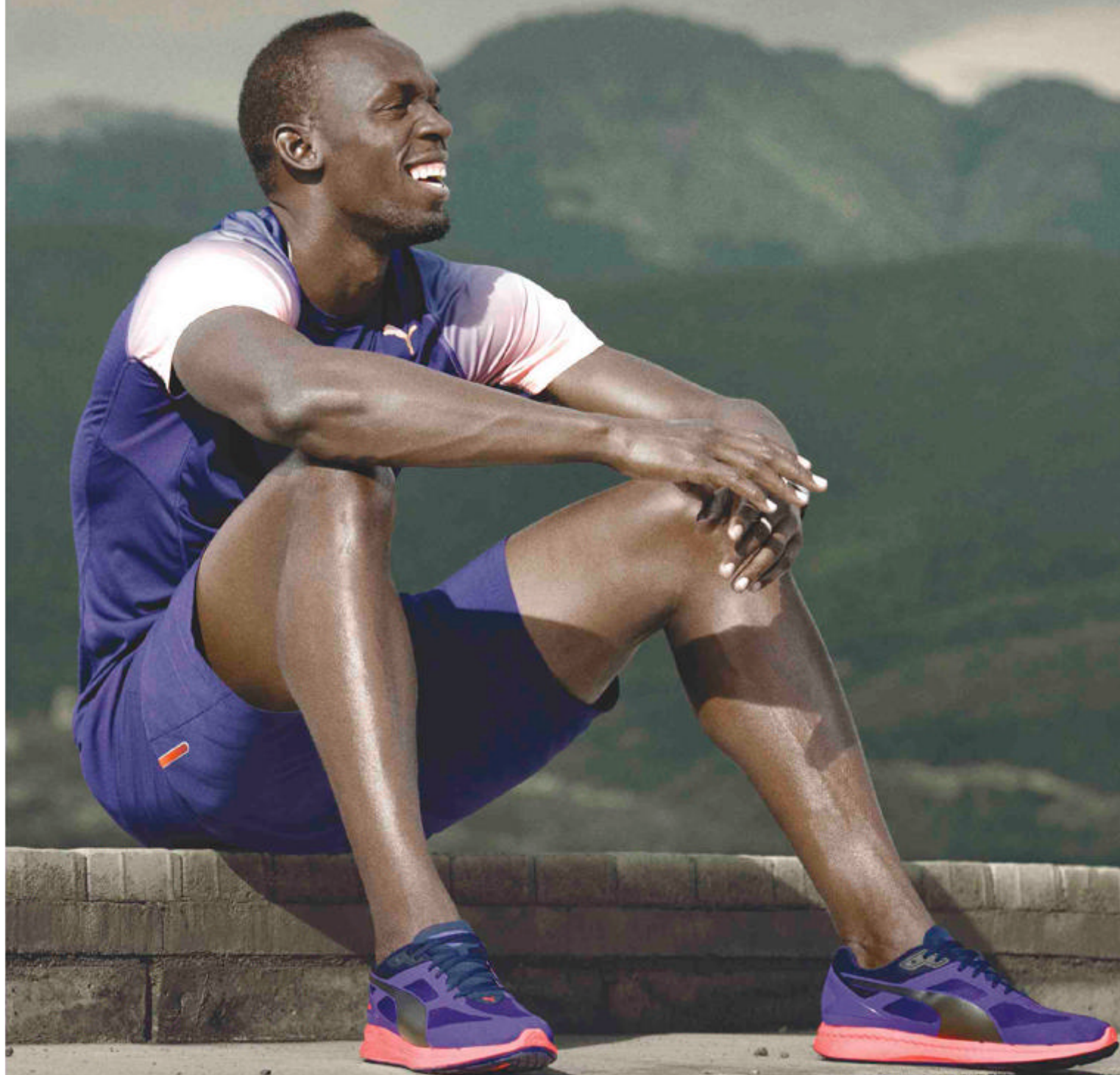
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# NEW SEASON SHOES PART 2

In the second part of our new shoes feature, we look at more **SPEEDY SHOES** hitting the shops this spring





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PAIR OF SHOES?**

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**1 PUMA IGNITE £80**

Ignite is a new cushioning material which Puma have been developing for nine years. It is made of PU foam, and according to them provides “high-energy return, comfort and optimal durability”. This shoe is very flexible, making it feel quick and responsive, whilst also feeling pretty cushioned too.

[www.uk.puma.com](http://www.uk.puma.com)



**2 SALOMON WINGS PRO £115**

Salomon are known to make great trail running products, and the Wings Pro will not disappoint. The Contagrip outsole gives great grip on a variety of off-road terrain including muddy and wet surfaces. A dual density midsole provides some support for those who over-pronate, whilst the Ortholite insole provides added cushioning. Comfort wise, the internal EndoFit sleeve and upper secures the foot in place and helps the shoe become part of the foot – a must for those tricky trails.

[www.salomon.com/uk](http://www.salomon.com/uk)



**3 BROOKS PURECADENCE 4  
£109.99**

The PureProject range of natural shoes from Brooks have been around for several years and gathered quite a following. The PureCadenace 4 (the most structured of the PureProject range) features the BioMoGo DNA midsole for cushioning but crucially has a ‘rounded heel’, moving your impact zone forward in a more natural phase. The Nav Band gives additional support, holding your midfoot in place, whilst the upper itself feels ultra soft.

[www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)



**4 ECCO BIOM TRAIL FL £120**

Danish brand ECCO is a relatively new brand to us here and we were eager to put the Biom Trail FL through its paces.

With a natural motion feel (7mm offset), we felt in contact with the ground straight away, including a responsiveness which was great for adventure racing. The grip itself was good and did not pose any problems apart from the boggiest of conditions, whilst the smooth upper provided a sock-like fit. One to watch out for this year!

[www.sport.ecco.com](http://www.sport.ecco.com)







**5 ADIDAS ULTRA BOOST £130**  
The Boost midsole (made up of thousands of energy capsules) has become established in adidas footwear, and the Ultra Boost has some interesting features too. The cushioning is undoubtedly very good (more than other Boost shoes); the Primeknit fabric upper stretches as the foot swells and the grippy stretch web outsole also changes shape with each footstrike. The shoe also features a heel counter which allows free movement of the Achilles tendon but also provides stability.  
[www.adidas.co.uk](http://www.adidas.co.uk)



**6 NEW BALANCE FRESH FOAM BORACAY £95**  
The Fresh Foam midsole is a relatively new compound, having been introduced last year in the 980 shoe. Named after the Boracay island in the Philippines which is known for its picturesque, sandy beaches, this neutral shoe by New Balance is designed to feel ultra-cushioned – and it is. The one piece midsole has a 4mm natural feeling offset that is very plush, and the shoe also has a great, comfortable upper.  
[www.newbalance.co.uk](http://www.newbalance.co.uk)

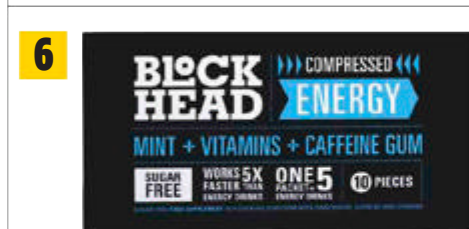
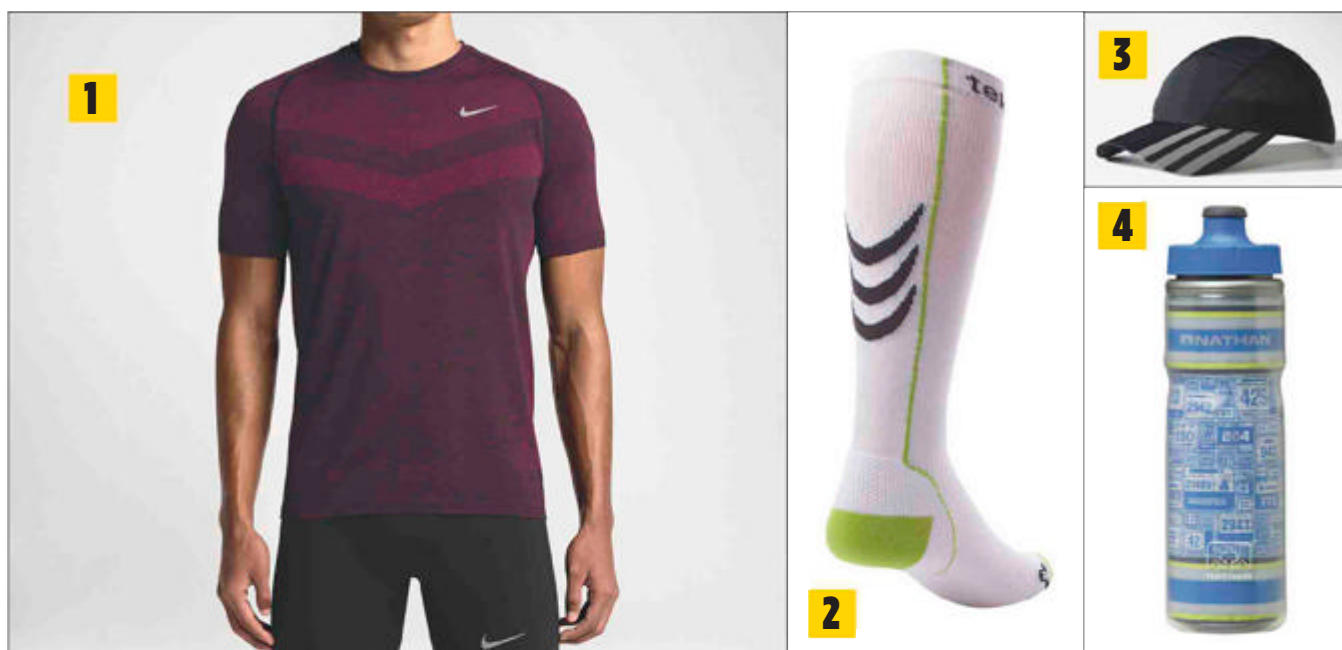


**7 NEWTON KISMET STABILITY CORE TRAINER £120**  
Newton were one of the forerunners in terms of ‘natural motion’ running shoes. The Kismet (meaning destiny) has a 4.5mm offset and uses the newer design of five ‘lugs’ on the forefoot to help cushion impact, and to add a little stability too. The lugs are graded (POP1 to POP3) according to their prominence and responsiveness, with the Kismet being classed as POP2. If you are considering a move away from traditional shoes, the Kismet is a good starting point.  
[www.newtonrunning.co.uk](http://www.newtonrunning.co.uk)



**8 HOKA ONE ONE CLIFTON £100**  
Hoka One One’s running shoes certainly do look different from most other ranges, but there is a reason for this – maximal cushioning. Their shoes have a high profile midsole, packed with cushioning and a low offset for a natural motion feel. The Clifton is lightweight (215g) and has a heel height of 30mm, and forefoot of 25mm giving a massive area to house the cushioning, and thus a real feel of plushness. Look out for an in-depth review in an upcoming issue of *RF*.  
[www.hokaoneone.eu](http://www.hokaoneone.eu)





# HOT PICKS

Our selection of cool accessories, and **ALL UNDER £50!**

## 1 NIKE DRI-FIT KNIT SHORT-SLEEVE TEE £43

Nike's Dri-FIT Knit fabric has been updated for spring 2015, making it wick sweat faster and dry quicker. This top features zoned mesh panels which further improve breathability while the fabric feels as soft as ever, making this a t-shirt not to be missed.

[www.store.nike.com](http://www.store.nike.com)

## 2 TEK0 COMPRESSION HIGH SOCK £30

Compression clothing has grown in popularity over the years. By applying consistent compression to the calf, they are designed to improve blood flow, allowing you to use less energy, increase performance and reduce the risk of injury. TEK0 use EVAPOR8 fabric which is eco-friendly and quick drying, but also uses 'graduated compression' where the sock is tighter around the ankle, and less in the calf, creating the ultimate level of compression.

[www.tekoforlife.co.uk](http://www.tekoforlife.co.uk)

## 3 ADIDAS CLIMACOOL® CAP £15

Light and breathable, the adidas cap comes with an adjustable back strap, reflective stripes and mesh for ventilation.

[www.adidas.co.uk](http://www.adidas.co.uk)

## 4 NATHAN ROAD TO RUN BOTTLE £11.99

Most of us have loads of drinks bottles stored at the back of the cupboard; however, this one from Nathan is different. Firstly, it's double-walled so it keeps water 20 per cent cooler

than other bottles. Secondly, within the wall is a reflective design which not only looks great but also ensures 360-degree reflectivity when using it in poor light conditions.

[www.nathansports.com](http://www.nathansports.com)

## 5 BROOKS INFINITI CAPRI III TIGHT £40

Capris offer the perfect compromise between shorts and tights if you'll be running through day and night or changing weather. We love this funky print.

[www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)

## 6 BLOCKHEAD CHEWING GUM £1.95

Energy chewing gum is a new concept to us, so we were eager to find out more. According to Blockhead, "the active ingredients are absorbed orally rather than digested resulting in an energy absorption rate at least five times faster than conventional energy drinks." The gum also contains caffeine.

[www.blockheadenergy.com](http://www.blockheadenergy.com)

## 7 HONEY STINGER ORGANIC ENERGY CHEWS £2.25 (50G PACK)

Honey Stinger produce a whole range of energy products, but our favourite is the energy chews. If you are not keen on energy gels, these chews are great and come in a super range of flavours. They contain multiple carbohydrates (glucose, fructose, maltose, sucrose), providing a great source of energy.

[www.honeystingeruk.co.uk](http://www.honeystingeruk.co.uk)

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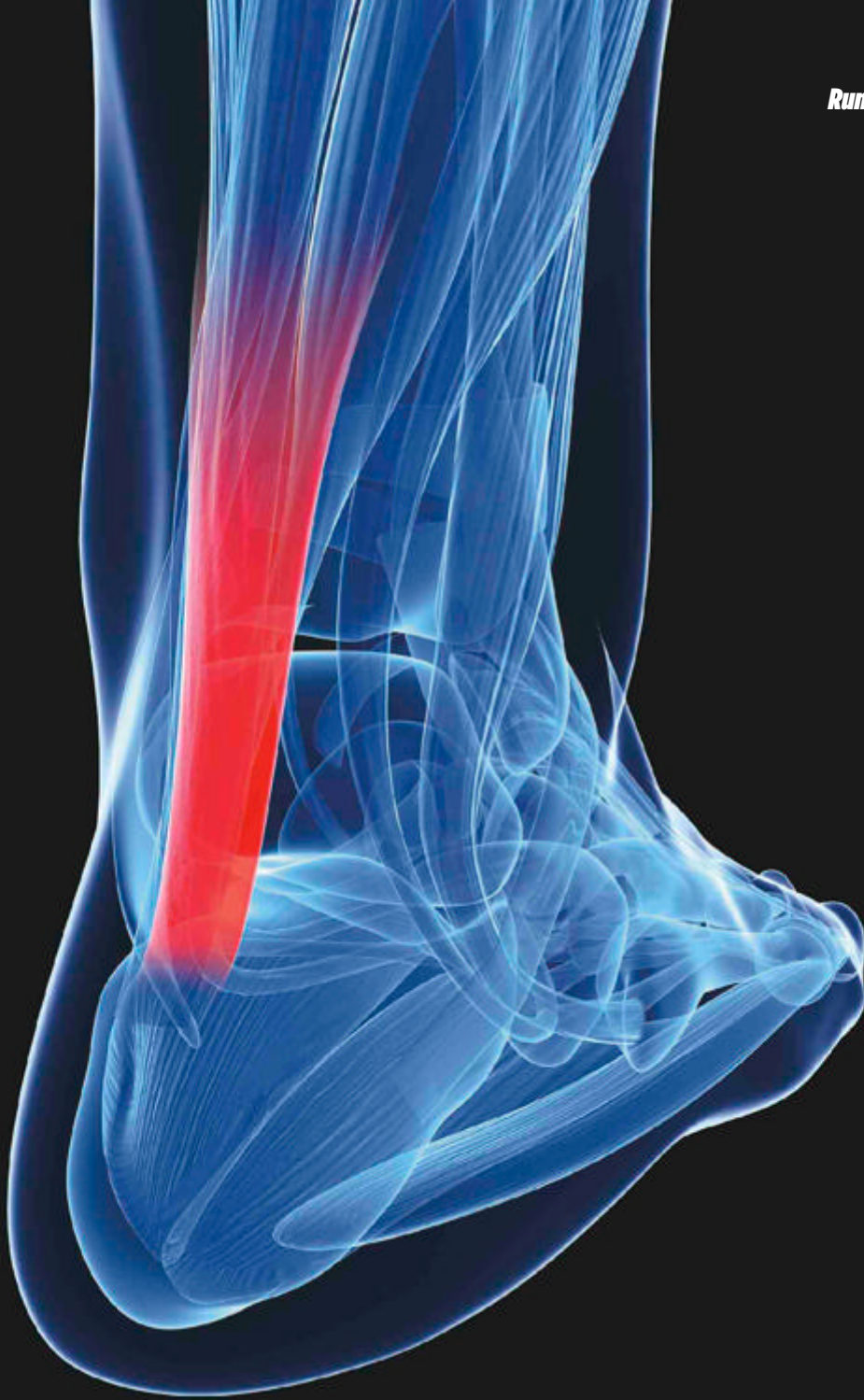
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SEE PAGE 90





# ACHILLES TENDON PAIN

We uncover the truth about Achilles pain, **HOW IT CAN BE CAUSED**, and the secrets to treating it correctly for a faster, better recovery **WORDS** Matt Phillips



In Greek mythology, Achilles was a Greek hero of the Trojan War who despite managing to slay arch rival Hector outside the gates of Troy, sadly became most famous for dying from an arrow shot into his heel. Rather ironically, had Achilles been shot anywhere else he would have probably survived – a momentary oversight by his mother who, when dipping her baby into the water of a magic river to give him super protective powers, forgot about the heel she was holding him by.

Any runner who has suffered from persistent pain in the Achilles tendon will doubtlessly agree that it is a fitting name. As the thickest and longest tendon in the human body (normally around 15cm), the Achilles tendon connects the calf muscles (gastrocnemius and soleus) to the heel bone (calcaneus). The tendon starts near the middle of the calf and becomes thinner as it approaches the insertion at the heel bone, and though the precise location of discomfort can vary, many runners have found out the hard way that what may start off as a slight niggle can soon turn into months and sometimes years of frustration.

The good news is, if treated correctly, runners can recover from Achilles pain sooner than many have had to endure. However, success does depend on accurately identifying the source of the issue and taking appropriate steps to ensure it goes away and stays away.



It's important to distinguish what type of pain you are suffering from

## Stopping your rehab the moment you start to feel better is a common mistake

### WHY IS MY ACHILLES TENDON PAINFUL?

When faced with Achilles pain, it is important to distinguish the following:

**ACHILLES TENDINITIS** – when you see a word ending in ‘-itis’, it implies that the underlying problem at hand is excessive inflammation. Though inflammation is a natural, important response to demands of exercise and part of the process by which we become stronger, over exertion can result in too much inflammation, inhibition of joint movement and pain. With regards to running, Achilles tendinitis is generally an acute reaction to a sudden increase in distance, intensity or frequency.

**ACHILLES TENDINOSIS** – though inflammation was once thought to be the source of most issues, modern research has shown that this is not the case. Often it is the tendon's inability to deal with increased loads that is the problem, due to

a physical decline in its structure over time. This should be noted by runners, because traditional treatment protocol such as anti-inflammatories and ice may not help if the issue is not one of excess inflammation. Swelling may be present, but it is thought to be due to changes in water movement inside the tendon. The suffix ‘-osis’ at the end of a word implies a ‘change of state’ so Achilles tendinosis is used to describe this structural decline. But don't let this alarm you. Our body is constantly breaking down and rebuilding bits of itself; a tendinosis simply implies the structural state has over time become sufficiently compromised to now require modification of habitual activity (either less running or stop for a while) and most importantly some specific strengthening work to restore its structural integrity. Achilles tendinosis is typically the result of overuse over a period of time. The soreness and stiffness is a protective reaction.



## WHAT DOES THE ACHILLES TENDON DO?

The Achilles tendon is designed to deal with the loads that your body absorbs and uses to move. When you walk, these loads are the equivalent of approximately four times your body weight; when you run they move up to eight times your body weight. The calf muscles (gastrocnemius and soleus) that join to the heel bone via the tendon are responsible for pushing the front of the foot downwards, so when putting weight on the foot they are involved in both lifting the heel off the ground (concentric muscle contraction) and controlling (decelerating) the heel when it is moving down towards the ground (eccentric muscle contraction). The gastrocnemius crosses the knee joint and attaches to the upper leg and is therefore also involved in bending (flexing) the knee joint (concentric muscle contraction), and controlling (decelerating) the straightening of the knee joint (eccentric muscle contraction).



Ignoring Achilles tendinopathy could lead to severe damage

## REHABILITATION FOR ACHILLES TENDINOPATHY

Appropriate rehabilitation of Achilles tendinopathy depends hugely on what stage of tendinopathy the tendon is at. The number one rule is, don't ignore symptoms or try to run through them. In the early stages (reactive tendinopathy), the structure of the tendon is minimally affected so a little activity modification and strengthening work may be all you need to recover. However, if you choose to try to soldier on and continue to expose the tendon

to excessive load, its structure will start declining (tendon disrepair) and loss of function will soon follow. Rehab will take longer. Keep ignoring it and not making the necessary changes and you will get to the stage where function is severely compromised (degenerative tendinopathy) and you risk of not running happily ever again.

Achilles tendinopathy has stages and you, the runner, are in control of how far you let things escalate. Therapists, taping and medication may be able to provide temporary pain relief but ultimately it is suitable self management that will determine your recovery.

## ACHILLES TENDINOPATHY

In the case of runners, pain in the Achilles may involve a combination of tendinitis and tendinosis, which is why therapists use the word tendinopathy to refer to the injury. The word is further divided in order to clarify the location of the injury, which is important as the type of treatment and rehabilitation can differ according to the location.

**INSERTIONAL TENDINOPATHY** – pain is at the attachment point on the heel bone (calcaneus) and worsens when the top of the foot is pulled backwards towards the shin (dorsiflexion). This is because the action causes the tendon to become compressed against the heel bone, meaning any activity that encourages dorsiflexion should be avoided as it could aggravate the tendon further.

**MID-PORTION TENDINOPATHY** – pain and swelling occur higher up and worsens when excessive load is sent through the tendon. In this case, activities that promote load increases (such as running) are likely to need modifying in order to avoid delaying recovery.

## OTHER SOURCES OF PAIN

In the investigation of Achilles tendinopathy, other potential sources of pain need to be ruled out. One example is irritation of one of the bursa found under the Achilles tendon. A bursa is a fluid filled sac with the function of reducing friction; the retrocalcaneal bursa reduces friction between the Achilles tendon and the heel bone whilst the retroachilles bursa acts between the skin and the Achilles tendon. Excessive load can cause these bursae to swell and become very painful.

The tendon of the Tibialis Posterior runs close to the Achilles tendon but branches off on the inside to pass behind the inner ankle. Symptoms can be similar to Achilles tendinopathy, so examination of symptoms does need to rule this out.

Where function has been compromised sufficiently to warrant visual examination of the tendon, an MRI or ultrasound may be used. This can confirm or dismiss any paratenonitis (swelling of the surrounding sheath), swelling of the bursae and view the structural state of the tendon itself.

Taking anatomy into consideration, our Greek hero is more likely to have died from an injury to the posterior tibial artery behind his ankle rather than to the Achilles tendon, which makes sense when we imagine how his mother would have held him as a baby.

## GET PROFESSIONAL GUIDANCE

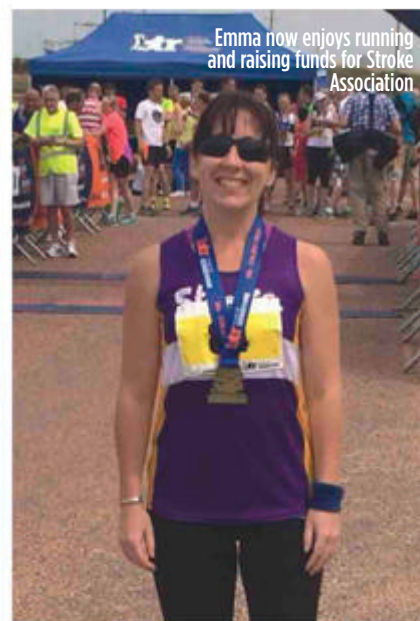
Hopefully this article has shown how an accurate diagnosis of what type of Achilles issue you have is important in determining what type of exercises you will need to do to achieve full recovery.

Bear in mind that complete rest is rarely the answer. The recovery ladder will typically involve a gradual increase in loading, something that sitting with your feet up for two weeks will certainly not do.

Massage nearly always has a place but again it will not help your tendon get any stronger. Stretching may feel good but in many cases it is the last thing your tendon needs and can even slow down recovery (by increasing compression).

Foam rolling can be useful instead of stretching but again it's how you do it that counts (they are not supposed to be torture devices!). Stopping your rehab the moment you start to feel better is a common mistake too; rehab needs to be progressed gradually even after you start seeing benefits. In fact, in most cases the rehab becomes 'prehab', i.e. a conditioning programme your body will need for ever if you really want to reduce the risk of running into problems again. The biggest indicator of injury risk is if you have been injured before, so the message is learn from your injuries and make changes.





Emma now enjoys running and raising funds for Stroke Association

**Stroke**  
association

# Run to help conquer stroke in all ages

Take part in one of **STROKE ASSOCIATION'S** many races to run for a worthwhile cause

**E**mma Pitt was honeymooning in Malaysia in 2009. She was only 34 years old, and was just a week into what was meant to have been a six-week holiday of a lifetime, when she woke in the night with a strange pressure sensation in her head.

As the pain developed in her forehead, she lost the strength in her arms, her speech became slurred, and when she went to stand she realised she could no longer walk. After being rushed to hospital, Emma spent three weeks having tests and found she had experienced a stroke, before eventually flying home to begin a long road to recovery.

"Luckily the strength in my arms and my speech came back relatively quickly but I was left with depression, panic attacks and anxiety," explained Emma. "I lost my confidence and shied away from friends,

events and going out."

## THE HEALING POWERS OF RUNNING

Now, six years on, Emma has made a remarkable recovery and can be seen training regularly with a personal trainer, running half marathons and 10k races every few weeks.

"As I got stronger after my stroke, I wanted to be healthier so I joined a gym, and started running," she added. "I wanted to take charge of my life again. I have since done 17 half marathons. I turned 40 this year so [The London Marathon] seemed like a great way to mark the occasion and I'll be running on behalf of the Stroke Association. I'm still not 100 per cent back to how I was. I still have some weakness on my left side and I know that depression never really leaves you. However, going out for a run has given me the ability to have

peace in my life again."

## STROKE ASSOCIATION

Every year there are approximately 152,000 strokes in the UK. That's one stroke every three and a half minutes. Stroke Association is the only national charity solely concerned with combating stroke in people of all ages. The charity is working to create a world where there are fewer strokes and all those touched by stroke get the help they need. Without people fundraising, the team would not be able to continue the work that they do.

Join Emma, along with thousands of other stroke survivors, and take on one of Stroke Association events across the country. Sign up today, and Together We Can #conquerstroke

Find out more at [www.stroke.org.uk](http://www.stroke.org.uk)





# Join Team Stroke

#conquerstroke

## Show your support in 2015

### Manchester Marathon

Sunday 19 April 2015  
Manchester

### Run Hackney Half Marathon

10 May 2015  
London

### Beat the Tide, Hunstanton Beach Run

Sunday 28 June 2015  
Norfolk

### Bournemouth Marathon Festival

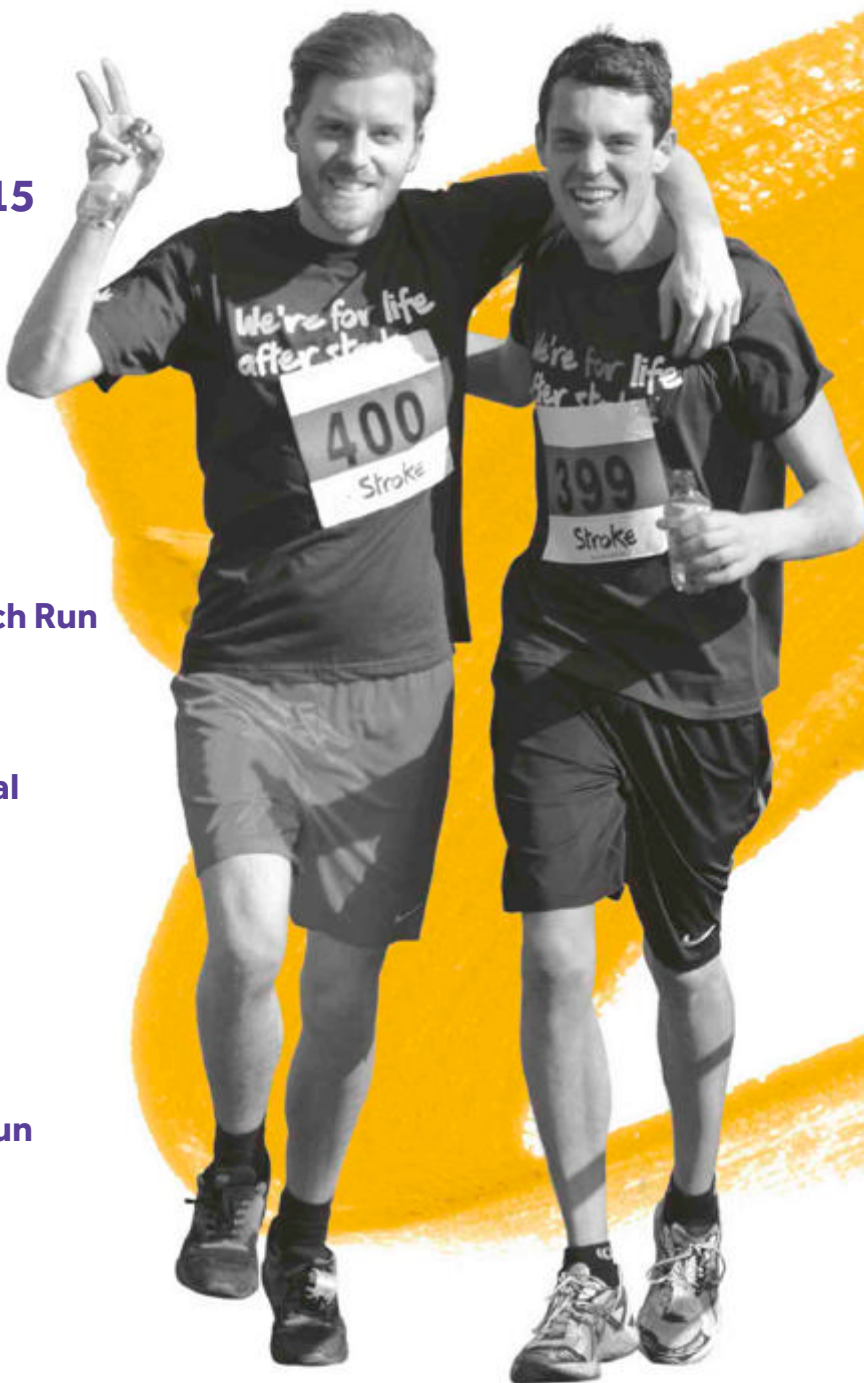
3 & 4 October 2015  
Bournemouth

### Royal Parks Half Marathon

11 October 2015  
London

### Morrisons Great Birmingham Run

Sunday 18 October 2015  
Birmingham



Take part in any of the runs listed above and receive:

- A Stroke Association running vest or t-shirt
- Full fundraising tips and tools
- Support from a dedicated member of staff

**For more information and to sign-up to an event contact us on**

**Telephone:** 0207 940 1359

**Email:** [events@stroke.org.uk](mailto:events@stroke.org.uk)

Together we can conquer stroke

**Stroke**  
association

# WILD RUNNING

## THE COTSWOLD WAY

Let **Running Fitness** take you on a journey to discover some of Britain's spectacular **MOUNTAINS, FORESTS** and **COASTAL TRAILS**, perfect for a wild run



### Broadway tower

**Distance:** 3.5 miles (6km)

**Start/finish:** Broadway High Street, WR12 7AP

**Terrain:** Field, path, short road section

**Toughness:** Moderate to challenging

**Ascent:** 175 metres

**Navigation:** Easy to moderate

**Good for:** National trail, ascents, history

**Route info:** [wildrunning.net/broadway](http://wildrunning.net/broadway)

The Cotswold Way is signposted on the R as you make your way up High Street from the village centre. Follow waymarkers as far as the tower. On reaching the top, either turn around and re-trace your steps – the run back through the fields is fantastic, good underfoot, fast and with stunning views – or turn R past The Rookery, and follow paths and track to Coneygree Lane before making your way through fields to Broadway. Broadway itself is abuzz with cafés.

**“O**ur plan, devised – as many of the best plans are – in the comfort of a warm pub, was to run the Cotswold Way over four consecutive days, taking everything we'd need with us. At a little over 25 miles a day, this seemed like a testing but achievable challenge. Winding our way up to the escarpment from Chipping Campden on day one, rucksacks bulging with everything we'd need for 100 miles of running and three nights on the hill, we were filled with optimistic excitement at the adventure to come. Well-marked paths and soft, springy grass underfoot made the exhilarating descent through fields to the picture-perfect village of Broadway even more joyous. By dusk on day three, with aching bodies and blistered feet, we chanced upon a B&B and succumbed to its hot baths and comfy beds. We completed our final day in torrential rain, descending through muddy fields and then rain-drenched streets to the finish at the abbey in the heart of Bath.”

### BROADWAY, THE COTSWOLD WAY

The Cotswold Hills Area of Outstanding Natural Beauty (AONB) runs diagonally from south-west to north-east across six counties including Gloucestershire, Oxfordshire and Warwickshire. They cover an area 25 miles across and 90 miles long, with the highest point being Cleeve Hill at 330 metres, and are characterised by steep, limestone escarpments and rolling, grassy hills. Along this ridge winds the Cotswold Way: 102 miles of wonderfully exciting, varied running. Being practically all within the AONB, there are few parts of this National Trail that aren't abundant in wild running treasures, from hard climbs to summits rewarded by breathtaking vistas, to wildflower valleys and lush, leafy woodland.

The Cotswold Way is well-signposted and can be run in sections (good bus links throughout; train station at Bath but not Chipping Campden) or as a base for enjoyable circular routes, many of which are marked as such. At the time of writing



The picturesque run from Broadway takes you past an old 18th century folly

the official record for running the Way is 20hrs and 36mins, held by Darryl Carter. There are some great races that take in the trail, including the Cotswold Way Century and Broadway Tower Marathon, both organised by Cotswold Running.

Our choice of route is a short but fantastic run from picturesque Broadway, with its honey-coloured Bath Stone cottages, unrelentingly straight up through fields to the 18th century folly of Broadway Tower at the very top. Return by the same route is one of our favourite sections of running on the whole Way, with spectacular views and fun, fast running on perfect trails.





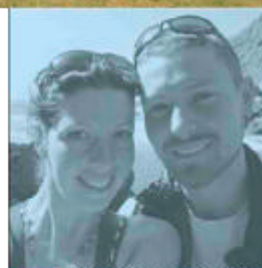
The Cotswold Way can be run in sections, and is an Area of Outstanding Natural Beauty

### INSPIRED TO DO YOUR OWN WILD RUN?

Share your photos and stories on our facebook page or tweet us



There are also some beautiful hills and fields to navigate through



### JEN AND SIM BENSON

are runners, writers and adventurers. Their new book *Wild Running: 150 Great Adventures on the Trails and Fells of Britain* (Wild Things Publishing) is the first UK guidebook for those who love to run and who dream of exploring Britain's spectacular mountains, forests and coastal trails.

### RF reader offer

### Running Fitness

readers can purchase the book at 25% off RRP with free UK P&P from [wildrunning.net](http://wildrunning.net) using code RF14.



### The cotswold way - Broadway Tower

| Miles | Km  | Directions                                                                                                   |
|-------|-----|--------------------------------------------------------------------------------------------------------------|
| 0.0   | 0.0 | From village centre run east up High Street                                                                  |
| 0.7   | 1.1 | Turn right following Cotswold Way signs, passing fire station                                                |
| 0.8   | 1.3 | Continue south east through gate and across fields, ascending to Broadway Tower at the top of the escarpment |
| 1.9   | 3.0 | On reaching Broadway Tower return via outward route, descending with far-reaching views back into Broadway   |





# RUN ENGLAND GROUPS...



## IPSWICH JAFFA BEGINNER RUNNING GROUP

Ipswich JAFFA has **INDUCTED HUNDREDS** of new participants into running



**RUN ENGLAND** is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at [www.runengland.org](http://www.runengland.org)

**J**AFFA' stands for Jogging and Fitness For All. "We have a reputation for friendliness and for making running fun!" explains Kate Wooldridge, the club's chair person. "We are very proud that our club supports all abilities from elite athletes to beginners.

Ipswich Jaffa Beginner Running Group is part of Ipswich Jaffa Running Club. "The [main] group was founded on 26 September 1977," Kate explains, "when the Recreation and Amenities Department of Ipswich Borough Council, then headed by Randall Bevan, was sponsoring a Fit for All campaign and wanted to organise a course for joggers in the town. They were looking for a qualified coach to run the course and approached Terry Gould, well known on the local running scene and supremo at Gym and Trim in Charles Street, who agreed to run the course held in Chantry Park.

"The first week about 50 people turned up and this almost doubled the following week. As the course was only designed to run for a few weeks, some of those attending approached Terry to see if they could organise something so that they could carry on. This led to the formation of the club.

### FROM BEGINNER TO MARATHON RUNNER

JAFFA has been running a 10-week beginners course for three years and has seen several 'graduates' go on to compete in events up-to and including a marathon! "Many also enjoy the satisfaction of competing in a muddy cross country race such as the Essex 53-12 league."

"Suffolk Sport and Run England support the JAFFA beginners course. In fact Paul Evans of England international marathon fame and currently working with Run England, regularly attends to help



## JOIN THE COMMUNITY

Share your photos and stories on our facebook page or tweet us @Runfitmag



The group in summer 2013



Hill training!

### Ipswich Jaffa Beginners Group

#### Essential info

**Please describe the group in three words...**

Walk – Jog – Run.

**What is your annual highlight?**

The Larking Gowen Ipswich Half Marathon, and the JAFFA-organised Ekiden Relay, which sees over 160 teams of six, both club and social teams participate.

**If your group was an athlete, who would it be?**

Jo Pavey – age and situation no barrier to commitment and success. She embodies the true grit, commitment and determination of so many of our members, whatever their running goals are.

**How many members do you have?**

The full club has approx. 300 senior members, 80 juniors and the beginners groups vary from 20 right up to 70.

**Age range?**

From 10 in the juniors to 70+ in the seniors.

**How many weekly training sessions do you hold?**

**Monday** – coached track session, plus group runs on road.

**Beginners course** – 10-week coached session on the track.

**Wednesday** – coached social runs of up to 10 miles.

**Thursday** – coached hill session; weekly circuits class.

**Saturday** – coached session in the local park using the natural terrain. (Tough but enjoyable!)

[www.ipswichjaffa.org.uk](http://www.ipswichjaffa.org.uk)



out. The first week of the course is always interesting as we get people turning up to register; they look at the track and the coaches and say: 'I am never going to be able to run for 30 minutes without stopping!!' – but they do, and the satisfaction of seeing them achieve this is a tremendous boost to the JAFFA coaches.

"We run every Monday night at Northgate Sports Centre, Ipswich, Suffolk. We meet at 7pm, allow 15 minutes for a social catch up between members, any membership enquiries, kit enquiries and general issues, then formal notices such as results and future fixture updates are given. We always try to mention all runner results and try to point out any great personal bests. I think our members really

enjoy having a little bit of glory every Monday night! The main track and group runs commence at 7.30pm. These always include warm up drills, a preplanned coached session, (including intervals and fartlek sessions to name a few) and then finally we finish with a cool down session.

#### NOT JUST YOUR AVERAGE RUNNING GROUP...

"We also pride ourselves on our successful junior club run by the most dedicated coaches, and it's great to see our juniors taking part in local events and cross country running. One of the most humbling parts is seeing the senior runners cheering the juniors on at the sideline."

JAFFA organises a number of its own events: "We hold our own track 5ks with local clubs," says Kate, "plus 10k and five-mile road races; the Ekiden Relay event; a winter cross country league fixture; a town half marathon; and a new event for 2015: the Twilight 10k/5k in Ipswich. Following on from our 'for all' ethos, all our members are included in the races. If they are not able or ready to race, many give up their time to marshal and assist the club, for which we are truly grateful.

"Everyone is welcomed at Ipswich JAFFA, whatever standard or pace; whatever the objective – their first 5k or a sub 3 hour marathon. We hold a regular 'runner of the month' award which is chosen from not only great performances but from club members that go out of their way to make new members feel welcome or just give that extra bit of encouragement."



Nominate your group by emailing [rf.ed@kelsey.co.uk](mailto:rf.ed@kelsey.co.uk) (making the subject 'Run England').



# 5 BEST ULTRA EVENTS

Ultra races are increasingly popular and if you train smart, are **SURPRISINGLY ACHIEVABLE**. Choose your own adventure from our round-up

## Top tip

“Regardless of whether you are running or walking, the time spent on your feet will have a huge impact. Make sure in the lead up to the event that you get your feet used to that kind of endurance... and follow that training plan on your fridge door!”

Hugo Petit,  
organiser of RTTS



St Bega's Ultra 35 is a 36-mile event in the Lake District - with stunning views

2



## 1 ST BEGA'S ULTRA 35

**WHAT:** It's actually a 36-mile event!

**WHEN:** 29 August 2015

**WHERE:** Lake District

**COST:** £62

**FEATURES:** Created in 2013 for new ultra runners by an endurance runner called Jon Raymond, the SBU35 ultra is the ideal event for your first ultra. Start on the shores of Bass Lake near Keswick, and the finish in the west coast village of St Bees, the start of Wainwright's coast to coast walk. There are three checkpoints along the route and three major climbs. Navigation is required, but simple! The course is unmarked, but all runners receive a fully waterproof detailed road book, with both OS-based maps and clear text (inexperienced navigators taking part love it!).

**RACE INFO:** [www.ukantrail.co.uk](http://www.ukantrail.co.uk)

## 2 RACE TO THE STONES

**WHAT:** 100k, solo or team

**WHEN:** 11-12 July 2015

**WHERE:** Iconic Ridgeway (oldest path in the UK)

**COST:** Packages from £49 to £184

**FEATURES:** This one or two-day ultra takes you on a breathtaking journey along the historic Ridgeway where you'll find traces of generations stretching back over 5000 years. The route is dotted with Bronze Age hill forts, neolithic burial chambers, Roman river crossings and culminates in the largest neolithic stone circle complex in Europe at Avebury. This ultra is an epic achievement, whether it's your first event or one of many. While it's tough, race options, team and spectator support make it fun and achievable.

**RACE INFO:** [www.racetothestones.com](http://www.racetothestones.com)

1

## 3 ENDURE HARDCORE

**WHAT:** Five-mile loops within 24 hours

**WHEN:** 29-30 August 2015

**WHERE:** Ashdown Forest, East Grinstead

**COST:** £70 – solo, £110 – pair, £48 – teams of three or four

**FEATURES:** Choose your distance! This is a great solo or team event for first timers, as you don't have the pressure of having to complete a set distance. Runners start the main race at 12.00pm and complete as many laps as they can for 24 hours. Each team member must complete at least one lap. You cannot substitute runners or use runners not registered in your team. Course is marked at night with glow sticks. Team runners gain confidence to try it on their own the next year. Short/long term parking available, camping village and a fantastic festival atmosphere make this a weekend to remember! If you like challenging yourself with the unknown, and enjoy the social side of events, this one is for you.

**RACE INFO:** [www.endurehardcore.com](http://www.endurehardcore.com)

## 4 ASHMEI ULTRA 12

**WHAT:** 50k, 50 miles or as many five-mile loops as you can run in 12 hours

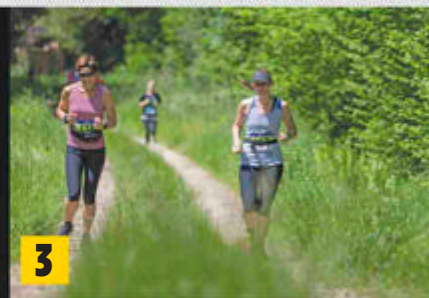
**WHEN:** 18-19 July 2015

**WHERE:** Beale Park, Reading

**COST:** £35 – all categories

**FEATURES:** Specifically aimed at runners wanting to complete their first ultra in a safe environment, the Ultra 12 runs from 7pm to 7am, with six hours of daylight and six hours of night running over a riverside, lake and woodland five-mile loop. Solo or team entries.

3



4



5



Rest and re-fuel as you wish (support station at halfway point). The route will be marked with cones, signs and glow sticks. It runs alongside the Thames for around a mile and is flat with varied and mixed terrain, around 30 per cent tarmac roads and 70 per cent tracks and trails. Make a weekend of it and camp (camping and parking are free).

**RACE INFO:** [www.ultra12.com](http://www.ultra12.com)

## 5 CHILTERN CHALLENGE ULTRA 2015

**WHAT:** 31 miles (next step up from a marathon)

**WHEN:** 11 July 2015

**WHERE:** Princes Risborough, Buckinghamshire

**COST:** £48 before 1 June, then £55

**FEATURES:** Soft paths, bridleway, forest trails – perfect terrain and communal/friendly atmosphere; ideal race for first timers! Clearly marked/accessible checkpoints, lovely views, and variety of fuel choices. "Once you've done this event once, you'll definitely come back – it's just like being in one big family, you see the same runners, same faces – it's just like seeing old friends," said one competitor.

**RACE INFO:** [www.xnrg.co.uk/events](http://www.xnrg.co.uk/events)





# GET STUCK IN »

With **OBSTACLE RACING** becoming more popular among everyday runners, we went behind the scenes and discovered that it's more than just mud and mayhem **WORDS** Laura Kettle

**O**bstacle races are becoming more and more popular, with everyday runners taking the plunge into the weekend warrior territory and swapping their road runs for muddy bogs and 20ft obstacles. A recent report from [www.active.com](http://www.active.com) showed obstacle racing is a worldwide phenomenon, with an estimated 5000 events and as many as 10 million participants in more than 30 countries in 2014.

Since the start of Tough Guy in the UK, the first obstacle race to rise to fame back in 1987, individuals have become increasingly attracted to the challenges set by these courses, and are viewing them as

training playgrounds for their traditional running events. The large community that has built around these events has resulted in like-minded people competing all over the world, with events such as Tough Mudder boasting entry numbers in the region of two million at the end of 2014.

## THE LURE OF OBSTACLES

With a large percentage of people taking part in these races worldwide, it begs the question what type of person takes part in these events, and what makes them want to throw themselves into cold water, scale high walls and crawl under barbed wire. The fact that the race is just that: a race, means that individuals who are used to taking part in endurance running events are instantly attracted to the time-based element, and the distance covered during the event. Runners are usually competitive, physically fit and strong.

The other factor to take into account is that those taking part in road races are potentially looking for another event that challenges their mental agility, and obstacle races do that by testing your ability to not only tackle the physical barriers, but also find the best path through each course, ultimately resulting in a faster time.

## EXTRA BENEFITS

If you are currently taking part in endurance running events, and looking for something a bit different, then obstacle races can be a



Many obstacle races have a fun element, combining running with social interaction



Obstacle races can be a great way to add variety to your training regime

great way to introduce variety into your training regime. Moreover, the events have extra benefits for runners:

**Motivation.** Signing up to an obstacle race means that you are committed to taking part in the event and many people take part with friends, which can help you to stay motivated during weeks of training.

**Avoid injury.** Training for an obstacle race can actually help you to stay injury-free and become a more well rounded athlete. You will need to increase your strength and circuit training work, and



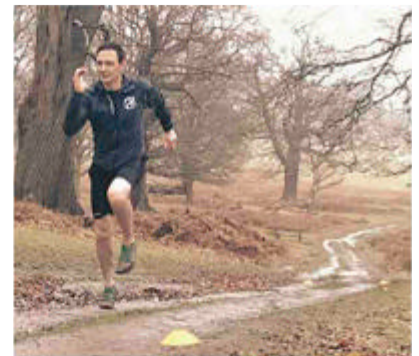
## KEY EXERCISES

So how can you prepare your body for the rigours of obstacle racing? "Climbing, jumping, crawling and hauling yourself over a range of obstacles requires a lot more upper body strength than normal running," explains personal trainer Paul Kenny (of Paul Kenny Fitness), "so it's important to vary your training accordingly." Below are four great exercises to challenge your current ability, and get you prepared for any obstacle race.



**BEAR WALKS** In order to tackle the lower obstacles, an element of crawling needs to be carried out. The best way to practice for this is doing bear walks; these will improve your upper body strength, especially your shoulders and core. The exercise uses the whole body in the movement, so all-over strength is achieved.

**TRY IT!** Start on all fours, with your hands underneath your hips. Keep your back flat and raise your knees off the ground. Move forwards on your hands and toes approximately 10 metres. Then turn around and crawl back. Repeat three times.



**HILL SPRINTS** Most obstacle races have sections with steep gradients, so getting this training done beforehand will pay dividends. Hill sprints are great for improving short bursts of stamina, cardiovascular fitness, leg strength and burning fat. Practising this exercise will also create mental toughness, making you a better competitor on race day.

**TRY IT!** Find the steepest hill you can, approximately 50-100 metres long. After a good 10-minute warm-up, sprint up the hill and jog back down. Aim to do this at least five times. You should try to do two weekly hill workouts a week, and build this to 4/5 per week over time. If you can do this then you will be in the best shape of your life!

IMAGES PHIL O'CONNOR

## The stats

A recent report from [www.muddyrace.co.uk](http://www.muddyrace.co.uk) showed obstacle race events have soared with

# 205,000

entrants in 2013, up from 112,000 in 2012 and 40,000 in 2011

# 158 events

took place in 2013, with 70 new events across the UK. UK obstacle race industry is now worth over

# £12 million

annually

exercises in your workouts by incorporating kettlebells, medicine balls and circuit-style training to subject your muscles to dynamic strength exercises.

**Improves balance.** Running through mud, jumping over obstacles and avoiding other competitors needs practice. Trail running on uneven surfaces in training will help you to develop your balance and improve your ability to conquer challenging terrains.

### Encourages social interaction.

Scaling high walls and high ropes will be a challenge for most. When facing these obstacles with other like-minded people, competitors often give a helping hand to others on the course, encouraging social interaction.

The physical and mental nature of obstacle racing has a number of benefits, including boosting general good health and a sense of all round wellbeing. The extreme conditions that the individuals put themselves through on certain obstacles can also provide increased confidence – you'd be surprised what you can achieve!



reduce your overall mileage, which can assist any muscle imbalances and weaknesses that may cause running injuries.

**Increase overall fitness.** Obstacle racing requires a lot of stopping and starting, with strength movements thrown into the mix. Interval training should be incorporated into your weekly training to help your body recover quickly from sprinting.

**Become stronger.** Many of the races require crawling through tunnels and carrying sandbags. You can simulate these







Playful obstacle races can include crawling through foam and dodging paint

## PLAYFUL RACES

With the growth of the obstacle race scene comes the growth of individuals sourcing the next punishing adrenaline fix and some events are introducing more extreme measures. Whilst extreme obstacles may well have been the reason you've been put off in the past, things are changing. The rise of 'playful' obstacle races are appearing with the likes of Water Wipeout, Mud N Madness and The Gauntlet Games, which focus more heavily on the fun, less-intimidating elements of a 5k run.

"I believe that there are a large number of people in the UK who fancy a challenge but don't want to get electrocuted or sprayed with tear gas," explained Sarah King, founder of The Gauntlet Games. "I wanted to create an event that catered for these people, and instead of barbed wire and burning charcoal we have foam, water guns, and a 50m slide. I want people to feel nostalgic and cross the line smiling like kids and feeling like they've just had fun in a purpose-built adult playground."

It's not about who gets round the quickest in these less competitive obstacle races, it's about having fun with your

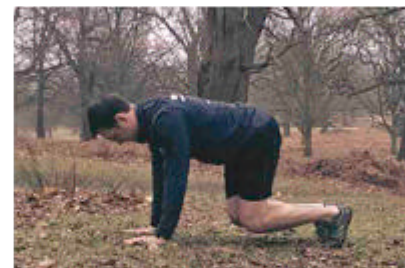
friends. The growth in running events like The Electric Run and The Color Run (introduced in early 2011) highlighted this even more, with many groups of friends replacing a night out in the pub with an evening fun-run and live music.

Crawling through foam, being splattered by paint, and propelling yourself down a 50m water slide still provides an adrenaline rush. But having your friends alongside you makes it an even better experience, and can boost self-confidence.

"With The Gauntlet Games, you don't need to do a lot of training for the event, it's just about opening people's eyes to a new and really fun type of fitness they'd never thought of doing before. I want it to be open to everyone and ultimately see more people enjoying fitness," adds Sarah.

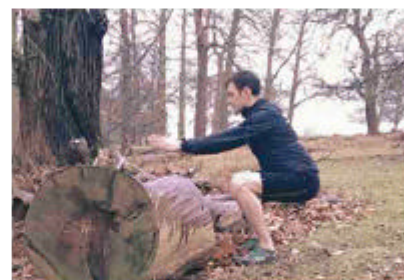
## ARE YOU UP FOR THE CHALLENGE?

Over 200,000 people participated in obstacle races in 2014, and even Prime Minister David Cameron is signing up, so will you be going extreme this year or taking the more playful route? **RF**



**BURPEES** Obstacle races demand a basic level of fitness and a great exercise to achieve this is the burpee. It is definitely one of those exercises that everyone loves to hate, but it helps to improve the power in your muscles, which will assist you in jumping over high obstacles. Again like the bear crawls, burpees are a full-body exercise and functional, meaning that they can help you perform everyday activities like carrying groceries or lifting a suitcase.

**TRY IT!** Start in a standing position, squat down and put your hands on the ground in front of you. With a jump, extend both legs out behind you, very quickly bring them back in and jump into the air. Repeat at least 10-15 times.



**BENCH JUMPS** A brilliant exercise to help build a stronger upper body and create more powerful legs. The exercise is also a great way for improving jumping, which will assist to vault tricky areas on an obstacle course.

**TRY IT!** Find a bench or sturdy log, approximately 12 inches high. Place your hands together at one end and keep them there for the duration of the exercise. Put your feet together on one side, kick your heels and jump over the box, keeping both feet together. Repeat 20-30 times.



**SINGLE LEG JUMPS** Obstacle races require you to move in many planes of motion. Having a strong core, legs, and ankle joints, along with good balance will really help during the race. A great exercise to build this strength is a single leg jump, which builds leg strength and helps stabilise the hip and knee.

**TRY IT!** Stand on one leg raising the other knee, lean forwards straighten the leg out behind you and drive the 'free' leg back up in front of you and jump. Repeat this on both legs 15-20 times.

## THE GAUNTLET GAMES

The Gauntlet Games is the only obstacle race in the world, which is interactive. The course has no static obstacles, and the obstacles involve more friendly challenges involving foam, water guns, inflatables and a 50m slide.

Designed for those who might not have even completed a 5k run, let alone an obstacle course, the emphasis is on fun, lots of mud and the odd Gladiator to up the tempo.

This year's Gauntlet Games are being held on **18 April** at Hertford, Hertfordshire; **30 May** at Trent Park, London; **6 June** at Coedardhyglyn, Cardiff; **8 August** at Brighton (more info coming soon); and **5**

**September** at Hertford, Hertfordshire.

Prices start from **£29**, and include a free t-shirt and medal.

For more information visit:

[www.thegauntletgames.co.uk](http://www.thegauntletgames.co.uk)





## ROVING REPORTER

# MAD DOG – Game of Bones... I did it!

This month's **ROVING REPORTER** tries out the fun Mad Dog 10k. They did it; would you?

## WHY DO YOU RUN?

For many reasons: to keep fit, to socialise, give me time to think and to get to see some fabulous places as I quite often link my races to short breaks away. I have run on and off for years and I still love it. I have met many friends over the years through running, and there is nothing better than popping on your shoes and heading off for a lovely run.

## WHAT DID YOU ENJOY MOST ABOUT THIS EVENT?

I enjoyed the organisation and the overall spirit of the race. The race is organised by the local Round Table for charity, and the time and commitment they show to organising the race shines through. From sign up through to the event you are kept informed with humorous emails and the event itself is fun, fast and flat with the possibility of a PB for most runners.

The 2500 runners are good natured and really spur each other on. Support en route is amazing from the RAF, marshals, volunteers, bands

(including steel drums and Elvis!), which all make for a great atmosphere and a fantastic event.

After you finish, you receive a fantastic race t-shirt, medal and goodie bag, with lots of spot prizes along the way. It's an event that really is suitable for all.

## WHAT WAS THE BEST BIT?

For me the best bit of today's race is the start area. The facilities pre-race are fantastic, including the baggage drop, plenty of toilets and warm places to shelter before the start. There is then a smooth transition from the running HQ to the penned start area, with a great build up to the start time with everyone's spirits being lifted by singing along to "who let the dogs out" so the hounds could be released! It's a really fun way to start a really great race.

## WOULD YOU DO IT AGAIN?

Absolutely. I can't wait for next year's Mad Dog – 'Raiders of the Lost Bark'; it is a great start to the road race season.



## Runner Bio

**Name:** Shelby Williams  
**Age:** 43

**Occupation:** Professional Development Manager and volunteer UKA Running for Fitness Coach

**Running ability:** Average  
**Event:** Mad Dog 5 – Game of Bones

**Distance:** 10k

**Info:** Southport shoreline

**Website:** [www.maddog10k.co.uk](http://www.maddog10k.co.uk)



## FANCY BEING OUR NEXT ROVING REPORTER?

Contact the team at [rf.ed@kelsey.co.uk](mailto:rf.ed@kelsey.co.uk) (making the subject of your email 'Roving reporter')

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# EVENTS PREVIEWS

## The Windsor Half Marathon....

...one of the most prestigious and iconic sporting events in the country

**W**ith a large variety of new running events springing up all over the country, this month we take a closer look at the iconic Windsor Half Marathon, which is one of the longest established and most prestigious races in the UK.

The race starts and finishes on The Long Walk, a picturesque traffic-free course around Windsor Great Park, and offers stunning surroundings with fantastic views of Windsor Castle, plus great facilities for the runners and their families including free onsite parking.

The Windsor Half Marathon takes place in Windsor Great Park for the 33rd time on Sunday 27 September 2015. Windsor Great Park is the only Royal Park managed by The Crown Estate and was once part of a vast Norman hunting forest, with the antiquity of the landscape enhanced by the scattering of great ancient oaks. You may also come across the herd of red deer which was established in 1979 by the current Park Ranger, HRH The Duke of Edinburgh, and other unique sights along the route include the Copper Horse, a statue of King George III astride his mount, and the Golden Jubilee Statue.

Registration is open now with public places for the Windsor Half Marathon costing £27.50 (affiliated)



### WIN A FREE PLACE

**Running Fitness** have two free places to give away. All you need to do is email [rf.ed@kelsey.co.uk](mailto:rf.ed@kelsey.co.uk) explaining why we should pick you. The winner will need to write an after event report, which will then be printed. Please mark the subject of your email 'RF Roving Reporter' and state the event entering for. The winner will be selected by 30 April 2015.

## Windsor Running Festival 2015

**Location:** Windsor Great Park

**26 September:**  
Running4Women Windsor 10K

**Start time:** 12 noon

**Race info and online registration:**  
[www.running4women.com](http://www.running4women.com)

**27 September: Windsor Half Marathon (1pm), Sprite Sprint (12.15pm) and Glynn Shefford Memorial Run (2.5 miles, 1.15pm)**

**Race info and online registration:**  
[www.runwindsor.com](http://www.runwindsor.com)

and £29.50 (non-affiliated). The maximum race capacity is 6000 runners, so sign up today to avoid disappointment at: [www.runwindsor.com](http://www.runwindsor.com). Other events on the day include the Sprite Sprint where five to nine year-olds run 40 yards, and the 2.5-mile Glynn Shefford Memorial Run which is aimed at runners aged 10 and above.

The Windsor Half Marathon is part of the Windsor Running Festival, which also includes the Running4Women Windsor 10K on Saturday 26 September. One of the first women-only events in the UK, this race is aimed at women of all levels, ages and backgrounds including novices, charity runners and club runners. Entries are now open at [www.running4women.com](http://www.running4women.com).

If you need some extra motivation you can also sign up to run for one of the official charity partners. CLIC Sargent is the Platinum Charity Weekend Partner for the Windsor Running Festival, with Cancer Research UK the Gold Charity Weekend Partner and Help for Heroes the Silver Charity Weekend Partner. Leukaemia & Lymphoma Research and The National Brain Appeal are Bronze Charity Weekend Partners, and Alzheimer's Society, Childlife, CRY, Daisy's Dream and Roy Castle Lung Cancer Foundation are on board as Copper Charity Weekend Partners. Crash is the Construction Industry and Founding Charity Partner for the Windsor Half Marathon.





## RBC RACE FOR THE KIDS 5K

### Run 5K to HELP YOUNG PATIENTS of Great Ormond Street Hospital

The sixth RBC Race for the Kids takes place on Sunday 7 June in London's Battersea Park. The family-friendly 5k fun run helps to raise vital funds for Great Ormond Street Hospital Children's Charity. Suitable for all ages and abilities, the event sees children, parents and grandparents run, walk or jog around the 5k course. Participants can join individually or in teams, and afterwards there will be post-race activities and entertainment. Over 6000 people joined in last year and this year they hope to raise further funds to enable the hospital to care for more sick children and their families.

Actress Tina Hobley said, "I took part last year with the whole family. It's a great day out for friends and family to enjoy and most importantly it helps to raise money for a fantastic cause, I urge everyone to get their trainers on and take part!"

To register visit: [raceforthekids.co.uk](http://raceforthekids.co.uk)



## RUNNING ANY OF THESE EVENTS?

Share your photos and stories on our facebook page or tweet us



## GRAND EAST ANGLIA RUN

### Could YOU break the GEAR 10k record?

The Bepak Grand East Anglia Run (GEAR) returns this year at 10:45am on Sunday 3 May to celebrate its 10th event. Known as a 'big city-centre race without the city', the GEAR takes place in the historic market town of King's Lynn, on the edge of the fens, just 90 minutes away from the capital.

The fast, flat course winds around the town's most historic buildings, then along the picturesque riverside, making it ideal for wheelchair athletes (Dame Tanni Grey-Thompson included) and for spectators, who can easily hop from one viewing point to another to support the runners. Live

music will be playing all around the course.

The GEAR boasts an entry of 2000 runners and its associated Mini GEAR 1.2-mile Fun Run (starting beforehand at 10am) attracts a further 1000 runners. The 10k course record stands at 30mins 18secs. Could you break the half-hour mark?

For this 10th event, a new chunky medal has been designed, and there will be a useful backpack for all participants. There is a prize list and prize money for the first three places. Entry is £17 for affiliated runners, £19 for non-affiliated runners.

Enter online at: [www.grandeastangliarun.co.uk](http://www.grandeastangliarun.co.uk)



## CAERPHILLY 10K

### Run in the shadow of the SPECTACULAR Caerphilly Castle

The Caerphilly 10k returns on Sunday 21 June with over 2500 participants and as many spectators expected for the event. Start time for the 10k race is at 10am (there is also a 2k event, which starts at 09:15) and participants will set off behind Caerphilly Castle. The route is reasonably flat for the first half and is undulating in the second half, providing runners with the opportunity to run a fair time. The route will lead participants past iconic landmarks including the giant cheese sculpture and Tommy Cooper statue.

The Caerphilly 10k is based around a single lap course and teams consisting of 4-6 members can also compete for the 'Caerphilly 10k Team Challenge Trophy'. There will be chip timing for entrants and a medal for all finishers.

To sign up, visit <http://your.caerphilly.gov.uk/10k/>







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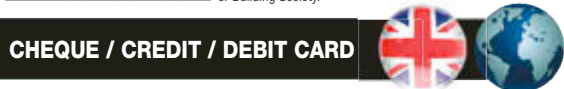
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# EVENTS LOCATOR

Inspired to take part in a race? Our **EVENTS LISTING** guide has some of the best races coming up

## EVENTS CHANGES!

In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to [www.run247.com](http://www.run247.com). As always, it's advisable to check race details with organisers nearer the date.

\*The editor reserves the right to edit listings, and cannot be held responsible for errors.

## APRIL 2015 NORTH WEST

**03 April 2015**

**Type:** Road  
**Distance:** 10km  
**SALFORD 10KM**  
**Venue:** Salford Sports Village, M7 3NQ  
**Price:** 12.00 (Attached) 14.00 (Unattached)  
**Contact:** Salford Harriers, 6 The Spur Fitton Hill Oldham Gtr Manchester, OL8 2NR  
[salfordharriers@hotmail.co.uk](mailto:salfordharriers@hotmail.co.uk)  
[www.salfordharriers.co.uk](http://www.salfordharriers.co.uk)

## WALES

**Type:** road  
**03 April 2015**  
**CHOCOHOLICS 5K AND FUN RUN**  
**Venue:** Maldwyn Leisure Centre, Newtown SY16 1LH  
**Price:** £6 (£8 u/a); £2 fun run  
**Contact:** Maldwyn Harriers  
Entries are usually on day but enquire at [enquiries@maldwynharriers.org.uk](mailto:enquiries@maldwynharriers.org.uk) to pre-enter  
**0781 6772 617**  
[enquiries@maldwynharriers.org.uk](mailto:enquiries@maldwynharriers.org.uk)  
<http://www.maldwynharriers.org.uk/races/choc2015.pdf>  
**Distance:** 5km

## YORKSHIRE AND HUMBERSIDE

**Type:** multi\_terrain  
**03 April 2015**  
**THE 4TH BRIDLINGTON EASTER 5 MILE DASH**  
**Venue:** Lime Kiln Lane Car Park, YO15 2LX  
**Price:** £13.00 attached £15.00 unattached £2 extra on the day  
**Contact:** Martin Burke  
Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA  
**01797 230009**  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=52>  
**Distance:** 5miles

## EAST MIDLANDS

**Type:** road

**04 April 2015**

**NO WALK IN THE PARK**  
**Venue:** Queen's Park Cricket Pavilion, Chesterfield, S40 2ND  
**Price:** £3/£5 On the day only  
**Contact:** John Cannon  
**01246 566458**  
[j.cannon846@btinternet.com](mailto:j.cannon846@btinternet.com)  
<http://northderbyshirec.jimdo.com/>  
**Distance:** 10km

## WALES

**Type:** road  
**04 April 2015**  
**THE 4TH LLANDUDNO EASTER 5K PROMENADE DASH**  
**Venue:** The Promenade, LL30 2LG  
**Price:** £10.00 attached £12.00 unattached £2 extra on the day  
**Contact:** Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA  
**01797 230009**  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=61>  
**Distance:** 5km

## LONDON

**Type:** multi\_terrain  
**05 April 2015**  
**THE CAPITAL RUNNERS RICHMOND PARK 10K - RACE 3**  
**Venue:** Richmond Park, SW14 8BJ  
**Price:** £16.00 ATTACHED £18.00 UNATTACHED £20.00 ON THE DAY  
**Contact:** Nice Work, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA  
**01797 230009**  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=97>  
**Distance:** 10km

## SCOTLAND

**Type:** road  
**05 April 2015**  
**TAY TEN**  
**Venue:** Perth, PH1 5AZ  
**Price:** £12 for affiliated - £14 for no affiliated  
**Contact:** Perth Roadrunners  
[race@perthroadrunners.co.uk](mailto:race@perthroadrunners.co.uk)  
<http://www.perthroadrunners.co.uk/tay-ten/>  
**Distance:** 10miles

## YORKSHIRE AND HUMBERSIDE

**Type:** multi\_terrain  
**05 April 2015**  
**GUISELEY GALLOP 10K TRAIL RACE**  
**Venue:** West Side Retail Park Guiseley Leeds

LS20 9NE

**Price:** £9 Attached £11 UA  
**Contact:** Peter Rawnsley, Wellfield 1 Motley Row Guiseley Leeds West Yorkshire LS20 9EE  
**07779 748301**  
[peterawnsley@btinternet.com](mailto:peterawnsley@btinternet.com)  
[www.skyrac.co.uk](http://www.skyrac.co.uk)  
**Distance:** 10km

## YORKSHIRE AND HUMBERSIDE

**Type:** multi\_terrain  
**05 April 2015**  
**HELSLEY 10K**  
**Venue:** Helmsley sports club YO62 5HT  
**Price:** £12. Unregistered £14  
**Contact:** Carol swift, 5birklands Beadlam,nawton North Yorkshire, YO62 7ST  
**01439 771072**  
[Carol@stilworth.co.uk](mailto:Carol@stilworth.co.uk)  
[www.helmsleysports.org](http://www.helmsleysports.org)  
**Distance:** 10km

## EAST MIDLANDS

**Type:** multi\_terrain  
**06 April 2015**  
**NOTTINGHAM EASTER 10K AND FUN RUN**  
**Venue:** Wollaton Park, Nottingham, NG8 2AE  
**Price:** £11 / £13 £2 extra on the day  
**Contact:** Adrian Hall, Notts AC, Canterbury Mill Canterbury Road Radford Nottingham Nottinghamshire, NG8 1PQ  
**0115 9854289**  
[info@nottssac.com](mailto:info@nottssac.com)  
<http://www.run-nottingham.co.uk/10km/4586384710>  
**Distance:** 10km

## LONDON

**Type:** road  
**06 April 2015**  
**THE 4TH LONDON EASTER 10K**  
**Venue:** Regents Park NW1 4NR  
**Price:** Main race £18.00 attached £20.00 unattached £22/£25 on the day  
**Contact:** Martin Burke  
Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA  
**01797 230009**  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=53>  
**Distance:** 10km

## SOUTH EAST

**Type:** road  
**09 April 2015**  
**THE GRAVESEND FLOODLIT 5K AND 10K SERIES - FINALS**  
**Venue:** Cyclopark

DA11 7NP

**Price:** £8.00 attached £10.00 unattached £2.00 extra on the day  
**Contact:** Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA  
**01797 230009**  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=113>  
**Distance:** 10km

## EAST MIDLANDS

**Type:** road  
**12 April 2015**  
**SANDY 10**  
**Venue:** Sandy Sports Centre, SG19 1BL  
**Price:** £13/£15  
**Contact:** Biggleswade AC, 23 Warden Hill Everton Sandy Beds, SG19 2JT  
**01767 682251**  
[enquiries@sandy10.org.uk](mailto:enquiries@sandy10.org.uk)  
[www.sandy10.org.uk](http://www.sandy10.org.uk)  
**Distance:** 10miles

## ENGLAND

**Type:** multi\_terrain  
**12 April 2015**  
**FOREST WARRIOR**  
**Venue:** The Speech House Hotel GL16 7EL  
**Price:** £60  
**Contact:** Forest Warrior  
**07788 716687**  
[sales@forestwarrior.co.uk](mailto:sales@forestwarrior.co.uk)  
[www.forestwarrior.co.uk](http://www.forestwarrior.co.uk)  
**Distance:** 5km

## NORTH WEST

**Type:** multi\_terrain  
**12 April 2015**  
**RADCLIFFE 10KM**  
**Venue:** Cams Lane Primary School M26 3SW  
**Price:** £6.00 affiliated/£8.00 non affiliated + £1 on the day  
**Contact:** Mark Emmett, Chemane Brier 6 Windsor Grove Stoneclough Radcliffe, Manchester, M26 1HD  
**markrun1@hotmail.com**  
[www.radcliffeac.org.uk](http://www.radcliffeac.org.uk)  
**Distance:** 10km

## NORTH WEST

**Type:** multi\_terrain  
**12 April 2015**  
**THE SUFFERING 10KM OCR @ ARLEY HALL, CHESHIRE**  
**Venue:** Arley Hall and Gardens, Northwich, Cheshire, CW9 6NA  
**Price:** £38 - £60  
**Contact:** The Suffering Obstacle Race Series



07793 030 249

hello@ultimate-adventures.co.uk  
<http://www.thesufferingrace.co.uk/ocr/arley-hall/10km-spring/>  
Distance: 10km

## NORTH WEST

Type: multi\_terrain

12 April 2015

**THE SUFFERING 5KM OCR @ ARLEY HALL, CHESHIRE**

Venue: Arley Hall and Gardens, Northwich, Cheshire, CW9 6NA

Price: £38 - £60

Contact: The Suffering Obstacle Race Series  
07793 030 249

hello@ultimate-adventures.co.uk  
<http://www.thesufferingrace.co.uk/ocr/arley-hall/5km-spring/>  
Distance: 5km

## SCOTLAND

Type: road

12 April 2015

**THE GLENLIVET 10K ROAD RACE**

Venue: The Glenlivet Distillery, AB37 9DB

Price: £21

Contact: Paul Corrigan  
The Glenlivet 10K CHSS Regional Office 5  
Mealmarket Close Inverness Inverness-shire  
IV1 1HT

0300 1212 777

paul.corrigan@chss.org.uk  
<http://www.theglenlivet10k.com>  
Distance: 10km

## SOUTH WEST

Type: road

12 April 2015

**EXETER CITY 10KM**

Venue: Duckes Meadow Park and Riverside  
Valley Park, Salmon Pool Lane, Exeter, EX2 4SN

Price: £13

Contact: MCC Promotions  
mark.caswell1@btinternet.com  
<http://www.mccpromotions10kseries.com/exeter-city-10km.php>  
Distance: 10km

## WEST MIDLANDS

Type: road

12 April 2015

**EY FOUNDATION RONNIE BOWKER 10K**

Venue: Cannon Hill Park, B13 8RD

Price: £10 affiliated, £12 unaffiliated

Contact: Mark Minihane, 1 Colmore Square  
Birmingham West Midlands  
B4 6HQ

07811 372514

mminihane@uk.ey.com  
[www.facebook.com/ronniebowkerfoundation](http://www.facebook.com/ronniebowkerfoundation)  
Distance: 10km

## WEST MIDLANDS

Type: multi\_terrain

12 April 2015

**MAGNIFICENT EASTNOR CASTLE 7**

Venue: Eastnor Deer Park, Ledbury  
HR8 1RL

Price: £12 / £14

Contact: Ledbury and District Harriers  
1 Putley Green Putley Ledbury Herefordshire  
HR8 2QN

0777 400 8720

duncancresswell@btinternet.com  
<http://www.ledburyharriers.org.uk/magnificent-eastnor-castle-7.html>  
Distance: 7miles

## YORKSHIRE AND HUMBERSIDE

Type: road

12 April 2015

**THE PLUSNET YORKSHIRE HALF MARATHON-SHEFFIELD**

Venue: Sheffield City Centre

0113 8267761

info@runforall.com  
[www.runforall.com](http://www.runforall.com)  
Distance: 13.1milesInternational

## SPAIN

Type: road

12 April 2015

**SANCTI PETRI INTERNATIONAL HALF MARATHON**

Venue: Sancti Petri (Cadiz - Spain)

11130, EUR12

Contact: Wizard Sports Events

PO Box 562 Tonbridge Kent

TN9 9LL

+44 7714 413133

info@wizardsportsevents.com  
[www.wizardsportsevents.com](http://www.wizardsportsevents.com)  
Distance: 13.1miles

## ENGLAND

Type: road

13 April 2015

**EASTER EGG MARATHON**

Venue: Gorey Pier, St Martin, Jersey

Contact: Digby Ellis - Brecknell

Towerside le mont sohier st brelade jersey  
JE3 8EA

07797 768480

hareandtortoise@jerseymail.co.uk  
[www.hareandtortoiseevents.co.uk](http://www.hareandtortoiseevents.co.uk)  
Distance: 26.2miles

## NORTH EAST

Type: road

13 April 2015

**OTTERBURN 'CONQUER THE FOREST' CHALLENGE**

Venue: Otterburn MOD training Camp

Price: £22

Contact: Brian Lee

On Line entries only

07803 406070

info@noegochallenge.com  
[www.noegochallenge.com](http://www.noegochallenge.com)  
Distance: 10km

## SOUTH WEST

Type: multi\_terrain

15 April 2015

**CTS EXMOOR 10K, HALF MARATHON, MARATHON, ULTRA**

Venue: Heddon Valley

Price: £30-£60

Contact: Freya

01548 312314

support@endurancelife.com  
[www.endurancelife.com](http://www.endurancelife.com)

## EAST MIDLANDS

Type: multi\_terrain

17 April 2015

**BRAMCOTE 5K AND 2K FUN RUN**

Venue: Bramcote Hills Park

NG9 3JT

Price: Entry starts from £3.00 per runner

Contact: Broxtowe Sport

Chilwell Olympia Sports Centre Bye Pass Road

Chilwell Nottingham, NG9 5HR

0115 9173572

sport@broxtowe.gov.uk

[www.broxtowe.gov.uk/sportsevents](http://www.broxtowe.gov.uk/sportsevents)

Distance: 5km

## SOUTH EAST

Type: track

18 April 2015

**CRAWLEY A.I.M. CHARITY 6 AND 12 HOUR TRACK RACE**

Venue: K2 Leisure Centre

RH11 9BQ

Price: £30 and £35

Contact: Pam Storey

11 Oak Close Copthorne RH10 3QT Crawley West

Sussex

+44 1342 717222

pamstorey@tiscali.co.uk

[www.crawley6and12hourraces.com](http://www.crawley6and12hourraces.com)

## SOUTH EAST

Type: trail

18 April 2015

**THE GAUNTLET GAMES**

Venue: Woodhall Park

SG14 3NE

Price: £29

Contact: Gladiator Events

Woodhall Park Watton at Stone Hertfordshire

SG14 3NE

info@gladiatorevents.co.uk

[www.thegauntletgames.co.uk](http://www.thegauntletgames.co.uk)

Distance: 10km International

## GERMANY

Type: road

18 April 2015

**AIRPORT NIGHT RUN BERLIN 2015 - 10KM**

Berlin Brandenburg International Airport

Contact: Golazo sports GmbH

Maxdorfer Steig 7 10317 Berlin, Germany Berlin

10317

0049 30 24 31 99 77

info@berlin-laeuft.de

<http://www.berlin-laeuft.de/Airport-Night-Run-Teilnehmerinformation.html>

Distance: 10km

## EAST MIDLANDS

Type: trail

19 April 2015

**THE ROTARY CLUB OF BOURNE RUN IN THE WOODS**

Venue: Bourne Woods, PE10 0LG

Contact: Tony Anders

Grooms Cottage Stainfield Bourne Lincolnshire  
PE10 ORR

07860 377748

bourne.funrun@yahoo.co.uk

[www.bournefunrun.btck.co.uk](http://www.bournefunrun.btck.co.uk)

Distance: 10km

## EASTERN

Type: multi\_terrain

19 April 2015

**THE ICKWORTH 10K HOOHAH**

Venue: Ickworth House, IP29 5QE

Price: £18

Contact: hoohaah

info@justhappen.co.uk

[www.hoohaah.co.uk](http://www.hoohaah.co.uk)

Distance: 10km

## NORTH EAST

Type: multi\_terrain

19 April 2015

**OTTERBURN 'CONQUER THE FOREST' CHALLENGE**

Venue: Otterburn MOD training Camp

Price: £22

Contact: Brian Lee

On Line entries only

07803 406070

info@noegochallenge.com

[www.noegochallenge.com](http://www.noegochallenge.com)

Distance: 10miles

## NORTH WEST

Type: road

19 April 2015

**ASICS GREATER MANCHESTER MARATHON**

Venue: Manchester United Football Club, Old

Trafford,

M16 0RA

Price: £45 - £55 (early bird until 30th

September)

Contact: Xtra Mile Events

0161 928 6795

info@xtramileevents.com

[www.greatermanchestermarathon.com](http://www.greatermanchestermarathon.com)

Distance: 26.2miles

## NORTH WEST

Type: road

19 April 2015

**THE 13TH GREAT GRIZEDALE TRAIL RACE**

Venue: Grizedale Forest, LA22 0QJ

Price: £12 attached; £14 unattached

Contact: Tony Walker, Box Burrow Entry Lane

Kendal Cumbria, LA9 4NQ

info@grizedale.co.uk

[www.grizedale10.co.uk](http://www.grizedale10.co.uk)

Distance: 10miles

## SCOTLAND

Type: road

19 April 2015

**MORRISONS GREAT EDINBURGH RUN**

Venue: Edinburgh,

EH8

Price: £27

Contact: Nova International

info@greatrun.org

[www.greatrun.org](http://www.greatrun.org)

Distance: 10miles



# Running Fitness

## SOUTH EAST

Type: multi\_terrain

19 April 2015

### EARLEY URBAN X

Venue: Laurel Park Recreation Ground, Marefield, Earley, Reading, RG6 3DU

Price: £15

Contact: Incurro Ltd

07740 783913

enquiry@runearley.co.uk

www.incurro.co.uk

Distance: 10km

## SOUTH EAST

Type: trail

19 April 2015

### FAIROAKS FIVE AND TEN

Venue: Fair Oaks Airport, GU25 8HU

Price: from £14

Ellie Barnes

0118 988 2444

ellie@barnesfitness.co.uk

http://www.barnesfitness.co.uk/event/

fair Oaks-five-ten

Distance: 5miles

## SOUTH EAST

Type: multi\_terrain

19 April 2015

### THE ASHFORD AND DISTRICT MARATHON AND HALF MARATHON

Venue: Sandyacres, TN25 4PE

Price: Marathon £28.00 attached, £30.00 unattached, £35 on the day

Contact: Nice Work, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

01797 230009

info@nice-work.org.uk

http://www.nice-work.org.uk/events.php?id=196

Distance: 13.1miles

## SOUTH WEST

Type: multi\_terrain

19 April 2015

### BRIDGWATER BOLT 10K

Venue: Bridgwater, Somerset, TA6 3JA

Price: £12 affiliated / £14 unaffiliated

Contact: Emma Warr

Trinity Sports and Leisure Chilton Street

Bridgwater Somerset

TA6 3JA

01823 410211

ewarr@1610.org.uk

http://www.1610.org.uk/activities/1610-race-series/

Distance: 10km

## SOUTH WEST

Type: multi\_terrain

19 April 2015

### HONITON HIPPO

Venue: Honiton, EX14 1QF

Contact: Judy Davey

http://www.honitonrc.com/honiton-hippo-april.html

Distance: 7miles

## SOUTH WEST

Type: road

19 April 2015

### HORTON BULL RUN

Venue: Horton village Hall, BS37 6QN

Price: £7.50

Contact: Barbera Denton, Glen Cottage Horton Hill Horton Bristol, BS37 6QN

01454 319889

barbera.denton@btinternet.com

www.hortonbullrun.co.uk

Distance: 6km

## SOUTH WEST

Type: road

19 April 2015

### PLYMOUTH'S HALF MARATHON

Venue: The Hoe, Plymouth, PL1 2HJ

Contact: Achieve Events (UK) trading as GO2 0845 4812 148

info@go2events.org.uk

http://www.plymouthhalfmarathon.com/

Distance: 13.1miles

## WEST MIDLANDS

Type: multi\_terrain

19 April 2015

### SHOBDON WOOD MULTI-TERRAIN RACE

Venue: Shobdon Wood, HR6 9PB

Price: £8/10 (£10/12 eod)

Contact: Mike Blenkinsop, 25, The Grove, Shobdon, Herefordshire, HR6 9NF

01568 708119

Mike.blenk@sky.com

www.croftambreyrunningclub.co.uk

Distance: 5.5miles

## YORKSHIRE AND HUMBERSIDE

Type: multi\_terrain

19 April 2015

### FOUNTAINS 10K

Venue: Grantley, Ripon, HG4 3PJ

Price: £10/£12

Contact: Friends of Fountains School Association

01765 689399

fountains10k@btinternet.com

www.fountains10k.co.uk

Distance: 10km

## YORKSHIRE AND HUMBERSIDE

Type: road

19 April 2015

### NEUROCARE HEAD START 10K

Venue: Rother Valley Country Park

S26 5PQ

Price: £15

Contact: Neurocare

30 Junction Road Millennium House Sheffield, South Yorkshire, S11 8XB

0114 267 6464

katie@neurocare.org.uk

http://www.neurocare.org.uk/events/event-details/?event\_id=107

Distance: 10km

## YORKSHIRE AND HUMBERSIDE

Type: road

19 April 2015

### NEUROCARE HEAD START 5K

Venue: Rother Valley Country Park, S26 5PQ

Price: £10

Contact: Neurocare, 30 Junction Road Millennium House Sheffield South Yorkshire S11 8XB

0114 267 6464

katie@neurocare.org.uk

http://www.neurocare.org.uk/events/event-details/?event\_id=107

Distance: 5km

## LONDON

Type: road

24 April 2015

### BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

Venue: Hyde Park, London, W2 2UH

Price: £2.00 / £4.00

Contact: Malcolm French, 35 Merton Road Harrow Middlesex, HA2 0AA

+44 20 8422 3900

lfofm5k@serpentine.org.uk

www.serpentine.org.uk

Distance: 5km

## LONDON

Type: multi\_terrain

25 April 2015

### RUN RICHMOND PARK 5K RACE 4 2015

Venue: Sheen Gate, Richmond Park

SW14 8BJ

Price: £14

Contact: The Fix UK Ltd, The Fix UK, Suite 2, 31

Ashley Road, Epsom, Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

http://www.thefixevents.com

Distance: 5km

## LONDON

Type: multi\_terrain

25 April 2015

### RUN RICHMOND RACE 10K RACE 4 2015

Venue: Sheen Gate, Richmond Park, SW14 8BJ

Price: £17

Contact: The Fix UK Ltd, The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey, KT18 5BD

020 8144 0797

info@thefixuk.com

http://www.thefixevents.com

Distance: 10km

## NORTH WEST

Type: road

25 April 2015

### RAINBOW RAMBLE 11 MILE

Venue: Bishop Rawstorne High School

PR26 9HH

Price: Adults £15, Under 18's £5

Contact: Sonia Harris, The Legacy Rainbow House Salt Pit Lane Mawdesley Ormskirk Lancashire, L40 2QX

01704 823276

s.harris@thelegacy-rainbowhouse.com

http://www.thelegacy-rainbowhouse.com

Distance: 11miles

## NORTH WEST

Type: road

25 April 2015

### RAINBOW RAMBLE 18 MILE

Venue: Bishop Rawstorne High School

PR26 9HH

Price: Adults £15, Under 18's £5

Contact: Sonia Harris, The Legacy Rainbow House Salt Pit Lane Mawdesley Ormskirk Lancashire, L40 2QX

01704 823276

s.harris@thelegacy-rainbowhouse.com

www.thelegacy-rainbowhouse.com

Distance: 18miles

## NORTH WEST

Type: road

25 April 2015

### RAINBOW RAMBLE 5 MILE

Venue: Bishop Rawstorne High School

PR26 9HH

Price: Adults £15, Under 18's £5

Contact: Sonia Harris, The Legacy Rainbow House Salt Pit Lane Mawdesley Ormskirk Lancashire, L40 2QX

01704 823276

s.harris@thelegacy-rainbowhouse.com

http://www.thelegacy-rainbowhouse.com

Distance: 5miles

## WEST MIDLANDS

Type: road

25 April 2015

### GLOW IN THE CITY

Venue: Coventry Square One Student Hub



**RIVER THAMES HALF MARATHON**

**Sunday 18<sup>th</sup> October 2015**

A half marathon on a flat, fast & scenic course

- Bespoke medal and goody bag to all finishers
- Ample parking nearby
- Chip timing

For full details and to enter go to:  
**www.riverthamesrunning.co.uk**



CV1 5QT  
**Price:** £25  
**Contact:** Myton Hospice  
 01926 838825  
[lucy.turner@mytonhospice.org](mailto:lucy.turner@mytonhospice.org)  
[http://www.mytonhospice.org/fundraising/events/events\\_2013/glow](http://www.mytonhospice.org/fundraising/events/events_2013/glow)  
**Distance:** 5km

## NORTH WEST

**Type:** road  
**26 April 2015**  
**BOLTON 10K 2015**  
**Venue:** Leverhulme Park Athletics Track  
 BL2 6EX  
**Price:** £10 Affiliated / £12 Unaffiliated  
**Bolton United Harriers and AC**  
<http://www.bolton10k.org/>  
**Distance:** 10km

## SCOTLAND

**Type:** road  
**26 April 2015**  
**LIGHTHOUSE 10K AND 5K FUN RUN**  
**Venue:** Carnegie Hall, Portmahomack  
**Contact:** Steve Carroll  
 01862 871136  
<http://www.tainrunners.co.uk>  
**Distance:** 10km

## SOUTH EAST

**Type:** trail  
**26 April 2015**  
**ANGMERING BLUEBELL TRAIL RUNS - 10 MILE**  
 THE FOX PUB, ARUNDEL ROAD, PATCHING, WEST  
 SUSSEX, BN13 3UJ  
**Price:** £15 UKA Members - £17 Non UKA  
**Contact:** Raw Energy Pursuits  
[info@rawenergypursuits.co.uk](mailto:info@rawenergypursuits.co.uk)  
<http://www.rawenergypursuits.co.uk/events/angmering-bluebell-10km-trail-run/>  
**Distance:** 10miles

## SOUTH EAST

**Type:** trail  
**26 April 2015**  
**ANGMERING BLUEBELL TRAIL RUNS - 10K**  
**Venue:** THE FOX PUB, ARUNDEL ROAD,  
 PATCHING, WEST SUSSEX, BN13 3UJ  
**Price:** £13 UKA Members - £15 Non UKA

**Contact:** Raw Energy Pursuits  
[info@rawenergypursuits.co.uk](mailto:info@rawenergypursuits.co.uk)  
<http://www.rawenergypursuits.co.uk/events/angmering-bluebell-10km-trail-run/>  
**Distance:** 10km

## SOUTH EAST

**Type:** multi\_terrain  
**26 April 2015**  
**THE 5TH GOUDHURST 10K**  
**Venue:** Risebridge Health and Sports Club  
 TN17 1HN  
**Price:** £13.00 attached £15.00 unattached £2.00  
 extra on the day  
**Contact:** Martin Burke, Nice Work, Teviot,  
 Malthouse Lane, Peasmarsh, East Sussex  
 TN31 6TA  
 01797 230009  
[info@nice-work.org.uk](mailto:info@nice-work.org.uk)  
<http://www.nice-work.org.uk/events.php?id=34>  
**Distance:** 10km

## SOUTH WEST

**Type:** trail  
**26 April 2015**  
**CHEDDAR GORGE 10KM SERIES (1 OF 4)**  
**Venue:** Cheddar Gorge, BS27 3QF  
**Price:** £14/£16  
**Contact:** Tom Room, 6 Hampton View Bath  
 North East Somerset, BA1 6JL  
[tom@relishrunningraces.com](mailto:tom@relishrunningraces.com)  
<http://www.relishrunningraces.com/cheddar-gorge-challenge.php>  
**Distance:** 10km

## MAY 2015

## EAST MIDLANDS

**Type:** road  
**02 May 2015**  
**NO WALK IN THE PARK**  
**Venue:** Queen's Park Cricket Pavilion,  
 Chesterfield, S40 2ND  
**Price:** £3/£5 On the day only  
**Contact:** John Cannon  
 01246 566458  
[j.cannon846@btinternet.com](mailto:j.cannon846@btinternet.com)  
<http://northderbyshirec.jimdo.com/>  
**Distance:** 10km

## SCOTLAND

**Type:** road  
**02 May 2015**  
**ROAD TO THE ISLES HALF MARATHON**  
**Venue:** Beasdale, PH31 4NR  
**Price:** £15 pre race £17 on the day  
**Contact:** Sarah Boyce  
 Mallaig and District Swimming Pool, Fank Brae,  
 Mallaig, Inverness-shire, PH41 4 RG  
 01687 462229  
[mallaig@btconnect.com](mailto:mallaig@btconnect.com)  
[www.mallaigswimmingpool.co.uk](http://www.mallaigswimmingpool.co.uk)  
**Distance:** 13.1miles

## SOUTH EAST

**Type:** multi\_terrain  
**02 May 2015**  
**HURSTBOURNE 5 MULTI-TERRAIN RACE**  
**Venue:** George V Playing Fields, SP11 0AX  
**Price:** £10 EA affiliated, £12 on-affiliated; £2  
 extra on the day  
**Contact:** Hurstbourne 5  
 Hurstbourne 5 c/o The Old Saddlery Church  
 Street Hurstbourne Tarrant Hampshire  
[hurstbourne5@yahoo.com](mailto:hurstbourne5@yahoo.com)  
<http://www.hbt.org.uk/Hbt5Race.htm>  
**Distance:** 5miles

## SOUTH EAST

**Type:** multi\_terrain  
**02 May 2015**  
**ISLE OF WIGHT CHALLENGE**  
**Venue:** Isle of Wight, PO31 8AZ  
**Price:** £49 for Full Island (~105k), £39 for Half  
 Island (~55k), £29 for Quarter Island (~30k)  
**Contact:** Action Challenge  
 0207 609 6695  
[info@isleofwightchallenge.com](mailto:info@isleofwightchallenge.com)  
[www.isleofwightchallenge.com](http://www.isleofwightchallenge.com)  
**Distance:** 100km

## SOUTH WEST

**Type:** trail  
**02 May 2015**  
**THE PONY EXPRESS 2015**  
**Venue:** Brockenhurst, New Forest, Hants  
**Price:** £120 - £135  
**Contact:** B Thubron  
[info@xnrg.co.uk](mailto:info@xnrg.co.uk)  
<http://www.xnrg.co.uk/events/details/pony-express-2015.aspx>

**Distance:** 60miles

## WALES

**Type:** multi\_terrain  
**02 May 2015**  
**CTS PEMBROKESHIRE 10K, HALF MARATHON,  
 MARATHON, ULTRA**  
**Venue:** Little Haven  
**Price:** £30-£60  
**Contact:** Freya  
 01548 312314  
[support@endurancelife.com](mailto:support@endurancelife.com)  
[www.endurancelife.com](http://www.endurancelife.com)

## YORKSHIRE AND HUMBERSIDE

**Type:** multi\_terrain  
**02 May 2015**  
**KIRKLEES 10 CHALLENGE**  
**Venue:** Cathedral House, HD1 3LG  
**Price:** £12  
**Contact:** Myk Simmons  
 01484 514 088  
[10k@huddersfieldchristianfellowship.com](mailto:10k@huddersfieldchristianfellowship.com)  
<http://www.huddersfieldchristianfellowship.com/kirklees10kchallenge/>  
**Distance:** 10km

## NORTH EAST

**Type:** road  
**03 May 2015**  
**SUNDERLAND CITY 10K**  
**Venue:** Sunderland, SR5 1SU  
**Price:** £23-£25  
**Contact:** Events of the North  
 Events of the North Kiln Rigg Wall Hexham  
 Northumberland, NE46 4EQ  
 01434 689 040  
[info@sunderlandcity10k.com](mailto:info@sunderlandcity10k.com)  
[www.sunderlandcity10k.com](http://www.sunderlandcity10k.com)  
**Distance:** 10km

## NORTH EAST

**Type:** road  
**03 May 2015**  
**SUNDERLAND CITY HALF MARATHON**  
 Events of the North  
**Price:** £32-£34  
**Contact:** Events of the North, Events of the  
 North Kiln Rigg Wall Hexham Northumberland  
 NE46 4EQ

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 The ultimate One-Stop-Shop for all your event essentials  
**01522 502131**



# Running Fitness

01434 689 040  
info@sunderlandcity10k.com  
www.sunderlandcity10k.com  
Distance: 13.1miles

## NORTH WEST

Type: road  
**03 May 2015**  
**LIVERPOOL SPRING 10K**  
Venue: Sefton Park, L17 1AP  
Price: £20  
Contact: Matthew Davies  
07507 630 946  
matthew@merseyraces.co.uk  
www.merswyraces.co.uk  
Distance: 10km

## SOUTH EAST

Type: road  
**03 May 2015**  
**RUN FRIMLEY 10K ROAD RACE**  
Venue: Frimley Park Hospital, GU16 7UJ  
Price: £18  
Contact: Frimley Park Hospital Charity  
+44 1276 604642  
theteam@fphcharity.org  
www.fphcharity.org/run  
Distance: 10km

## SOUTH EAST

Type: multi\_terrain  
**03 May 2015**  
**YMCA EAST SURREY FUN RUN - 1 MILE**  
Venue: Priory Park, Reigate, RH2 7RL  
Contact: Kim Roderick, YMCA East Surrey  
Sports and Community Centre Princes Road  
Redhill Surrey, RH1 6JJ  
01737 779979  
Kim.roderick@ymcaeast Surrey.org.uk  
www.ymcaeast Surrey.org.uk  
Distance: 1mile

## SOUTH EAST

Type: multi\_terrain  
**03 May 2015**  
**YMCA EAST SURREY FUN RUN - 5 MILES**  
Venue: Priory Park, Reigate, RH2 7RL  
Contact: Kim Roderick, YMCA East Surrey  
Sports and Community Centre Princes Road  
Redhill Surrey  
RH1 6JJ  
01737 779979  
Kim.roderick@ymcaeast Surrey.org.uk  
www.ymcaeast Surrey.org.uk  
Distance: 5miles

## SOUTH WEST

Type: road  
**03 May 2015**  
**AVALON CITROEN 'ROUND THE TOR' 10K**  
Venue: Glastonbury  
Price: £15 (£12 Affiliated)  
Contact: Ian Humphreys, Glastonbury Road  
Run 6 Nettle Combe View South Horrington  
Village Wells Somerset, BA5 3QF  
RaceDirector@GlastonburyRoadRun.info  
www.GlastonburyRoadRun.info  
Distance: 10km

## WALES

Type: road  
**03 May 2015**  
**NEWTOWN 10K AND FUN RUN**  
Venue: Newtown FC, Latham Park, Newtown, SY16 1EN  
Price: £6 (£8 u/a); £2 Fun Run  
Contact: Maldwyn Harriers  
Entries are usually on the day. Enquire at  
enquiries@maldwynharriers.org.uk to  
pre-enter  
0781 6772 617  
enquiries@maldwynharriers.org.uk  
http://www.maldwynharriers.org.uk/  
races/10k2015.pdf  
Distance: 10km

## WEST MIDLANDS

Type: road  
**03 May 2015**  
**MORRISONS GREAT BIRMINGHAM 10K**  
Venue: Birmingham, B4  
Price: £25  
Contact: Nova International  
info@greatrun.org  
www.greatrun.org  
Distance: 10km International

## CANADA

Type: road  
**03 May 2015**  
**GOODLIFE FITNESS TORONTO MARATHON**  
Venue: Toronto, Ontario, Canada  
Price: \$50-\$105  
Contact: Running First Ltd.  
1-416-920-3466  
info@torontomarathon.com  
http://www.torontomarathon.com  
Distance: 42.2km International

## CZECH REPUBLIC

Type: road  
**03 May 2015**  
**VOLKSWAGEN PRAGUE MARATHON**  
Venue: Old Town Square, Prague  
Prague International Marathon  
info@runczech.com  
http://www.runczech.com  
Distance: 42.2km

## SOUTH EAST

Type: road  
**04 May 2015**  
**MILTON KEYNES MARATHON**  
Venue: Stadium:MK, MK1 1ST  
Price: From £40  
http://mkmarathon.com/  
Distance: 26.2miles

## SOUTH EAST

Type: road  
**04 May 2015**  
**MKM HALF MARATHON**  
Venue: Stadium:MK  
Price: From £24  
http://mkmarathon.com/  
Distance: 13.1miles

## WEST MIDLANDS

Type: road  
**06 May 2015**  
**DUDLEY KINGSWINFORM 10K**  
Venue: Dudley and Kingswinford Rugby Club  
DY6 0AW  
Price: £13/£15  
Contact: Mr G Bonner,  
35 Elgar Crescent Pensnett Brierley Hill Dudley  
West Midlands  
DY5 4JJ  
gary.bonner@tiscali.co.uk  
www.dkrunningclub.co.uk  
Distance: 10km

## EASTERN

Type: multi\_terrain  
**09 May 2015**  
**BIRCHANGER 10K**  
Venue: Birchanger  
CM23 5QL  
Price: £10 online, £12 on the day  
Contact: Julia Kay, Birchanger C of E Primary  
School Birchwood Birchanger Herts  
CM23 5QL  
07769 882 670  
julia455@btinternet.com  
http://www.birchanger.essex.sch.uk/  
birchanger-10k/  
Distance: 10km

## LONDON

Type: road  
**09 May 2015**  
**THE ALL NATIONS 10K RUN 2015**  
Venue: Dorney Lake, Windsor, SL4 6QP  
Contact: The Fix Events, The Fix UK, Suite 2, 31  
Ashley Road, Epsom, Surrey  
KT18 5BD  
020 8144 0797  
info@thefixuk.com  
http://thefixevents.com/the-all-nations-  
5k-and-10k-run-2015  
Distance: 10km

## LONDON

Type: road  
**09 May 2015**  
**THE ALL NATIONS 5K RUN 2015**  
Venue: Dorney Lake, Windsor, SL4 6QP  
Price: £16  
Contact: The Fix Events, The Fix UK, Suite 2, 31  
Ashley Road, Epsom, Surrey, KT18 5BD  
020 8144 0797  
info@thefixuk.com  
http://thefixevents.com/the-all-nations-  
5k-and-10k-run-2015  
Distance: 5km

## LONDON

Type: road  
**09 May 2015**  
**THE LONDON SPRING 10K**  
Venue: Regents Park,  
NW1 4RU  
Price: £20.00 attached, £22.00 unattached,  
£25 on the day  
Contact: Martin Burke, Nice Work, Teviot,  
Malthouse Lane, Peasmarsh, East Sussex

TN31 6TA  
**01797 230009**  
info@nice-work.org.uk  
http://www.nice-work.org.uk/events.  
php?id=117  
Distance: 10km

## SOUTH EAST

Type: multi\_terrain  
**09 May 2015**  
**RAT RACE DIRTY WEEKEND**  
Venue: Burghley House, PE9 3JY  
Price: £145  
Contact: Rat Race  
events@ratrace.com  
http://www.ratracedirtyweekend.com/  
Distance: 20miles

## EASTERN

Type: road  
**10 May 2015**  
**COLCHESTER 10K**  
Venue: Colchester Garrison Athletics Track  
CO2 7SZ  
Price: £16.50 Affiliated / £18.50 Unaffiliated  
Contact: John Bennett  
07768 705888  
colchestercharityraces@gmail.com  
http://Colchester10k.com  
Distance: 10km

## EASTERN

Type: road  
**10 May 2015**  
**HALSTEAD AND ESSEX MARATHON**  
Venue: Halstead Leisure Centre  
Price: £32 non affiliated and £30 affiliated  
Contact: Halstead Road Runners  
keiththorogood@btinternet.com  
www.HalsteadRoadrunners.org.uk  
Distance: 26.2miles

## EASTERN

Type: road  
**10 May 2015**  
**SAWSTON FUN RUN**  
Venue: Sawston Village College,  
CB22 3BP  
Price: £10 adults; children £5  
Contact: Tony Collett - marketing officer  
Sawston Village College New Rd Sawston  
Cambridge Cambs, CB22 3BP  
01223 893447  
t.collett@virgin.net  
www.sawstonfunrun.co.uk  
Distance: 4.6miles

## LONDON

Type: road  
**10 May 2015**  
**SUTTON RUNNERS 10K**  
Venue: Nonsuch Park, SM3 8AL  
Price: £14-£16  
Contact: Sutton Runners  
07932 144793  
sutton10k@suttonrunners.org  
www.suttonrunners.org  
Distance: 10km



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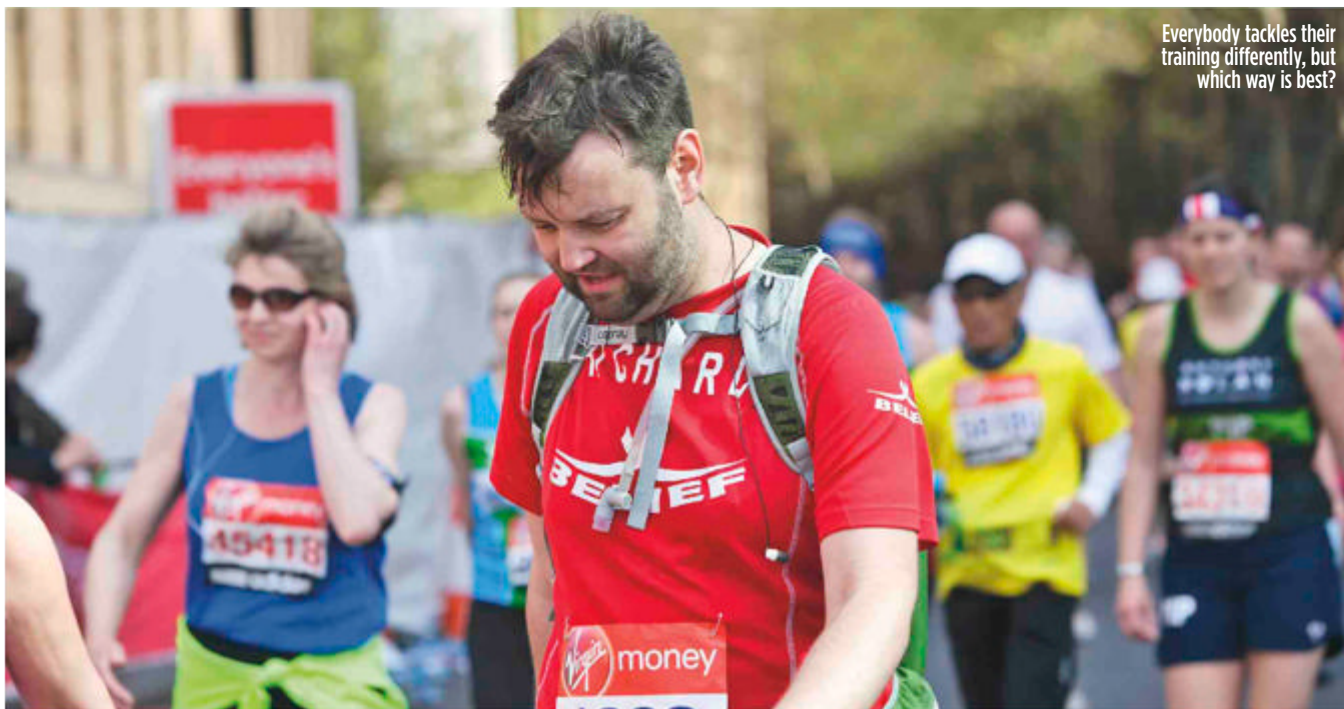




JOHN BREWER

# FINAL THOUGHTS

With the VLM around the corner, John looks at the **SPORTS SCIENCE** behind training plans



Everybody tackles their training differently, but which way is best?

It has been 30 years since I studied sports science at Loughborough University – a terrific place to be for a runner, with a Sebastian Coe breaking world records on what seemed to be a weekly basis. As I was never going to be quick enough to be amongst them, I switched from the middle distances to the marathon, taking part in the second ever London Marathon in 1982. Since then, sports science has made significant advances. However, as I find myself preparing for my 17th London Marathon, I am struck by the fact that much of the training is still anecdotal, and based on ideas and schedules that have, in many cases, remained unchanged for years.

Take the obligatory 'long run'. This is probably the toughest and most time-consuming part of any marathon training programme. Yet the majority of mileage comes from the regular shorter runs that take place during the week. I conducted some research at last year's marathon, and it was clear that most non-elite runners include no more than four or five long runs

(over 15 miles) in their marathon training. I'm not convinced that this is enough to cause significant adaptations to the muscles and cardiovascular system, and that in fact the benefit may be more psychological than physiological. But to be honest I am guessing – the science is still not strong to support or deny this.

## ACHIEVING THE GLYCOGEN-DEPLETED STATE

We also don't know if there are any alternatives; my experience tells me that being able to run to the point where muscle glycogen stores are depleted, and to train my body to adapt to this state, is crucial for the last few miles of a marathon. So we embark on our long training runs in an attempt to achieve this glycogen-depleted state, yet in most cases seldom go far enough for this state to be replicated for any great distance.

However, studies have shown that we can deplete glycogen stores very quickly with high intensity exercise, so why not try a series of sustained high intensity bursts to deplete glycogen stores, rest for a while

to allow lactic acid levels to decrease, then embark on a run of around six to 10 miles knowing that from the outset, glycogen stores are as low as they would be after, say, 18 miles of steady plodding. This is similar to the 'train low – compete high' theory where runners keep their intake of carbs low during training, but increase it as race day approaches. Does this suggest that it may be possible to have a lower distance-higher intensity training schedule? I suspect it does, but until the science supports this, I can't be certain.

Another finding from our research – when we analysed data from split times of over 100 runners – showed that many runners still get it wrong. Most took around 20 per cent longer to complete the second half. Only two recorded a negative split (first half quicker than the second), whereas some took almost twice as long.

This suggests that there is still much more we have to learn to ensure that the next 30 years continue to advance our knowledge in a way that really helps runners with their training and racing.

John Brewer is a Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lillleshall Sports Injury and Human Performance Centre **Follow John on Twitter @sportprofbrewer**



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